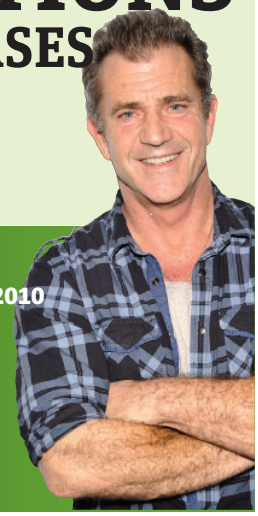


MOOSE ON THE LOOSE
MEET THE TEAM IN METRO'S SPECIAL FEATURE {page 17-19}

AN IRON-CLAD BURGER RECIPE
MEATY ADVICE FROM TV CHEF SYMON {page 30}



INVESTIGATIONS
MEL, OKSANA'S CASES MOVING AHEAD
DISH {page 28}



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Weekend, September 10-12, 2010
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DARRELL OAKE/FOR METRO HALIFAX



▶ Randy MacNeill works it during auditions for the movie Roller Town at the Olympic Centre in Halifax Thursday.

Roller disco fever hits Halifax

Sketch troupe Picnicface seeking skaters of all skill levels ◐ Auditions for movie extras continue Saturday ◐ Group selling film credits for $20 to raise funds



JENNIFER TAPLIN
@METRONEWS.CA

White disco pants and an eye-scrambling shirt don't hurt when you're trying out for a roller skating movie.

Randy MacNeill was one of several people who strapped on roller skates and wheeled around to "Shake Your Booty" inside the Olympic Centre on Thursday. They were auditioning to be extras for the movie Roller Town, starring Halifax sketch troupe Picnicface.

"I came decked out because I want this part," MacNeill said. "I'm doing what I can to throw it down."

While shaky on skates, Angela Nicholson is no stranger to a movie set. She's been an extra in about 60 movies, TV shows and commercials.

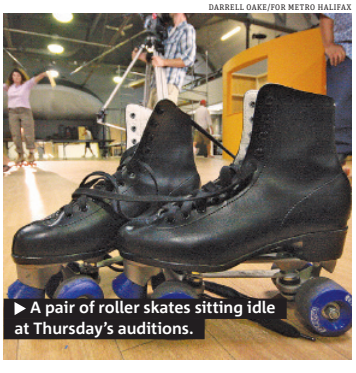
"I love it. It gets me out of the house, I meet lots of people," she said.

"You get paid for having fun."

She said she was nervous about roller skating but picked up a little liquid courage.

"I had a couple beer before I got here so I'm good to go."

DARRELL OAKE/FOR METRO HALIFAX



▶ A pair of roller skates sitting idle at Thursday's auditions.

Director Andrew Bush said he was pretty amazed at the amount of roller skating talent in this city.

"Some are not so great, but they all have heart," he said.

See a trailer for the movie at rollertownthemovie.com. Do you have the fever? Find audition info at www.hennesseycasting.com.

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Grits want MS treatment studied

Liberal Leader Stephan McNeil is renewing his call on the provincial government to fund clinical trials for a controversial multiple sclerosis treatment.

According to McNeil on Thursday, at least 125 Nova Scotians have gone outside the province for "liberation treatment" — a form of angioplasty developed by an Italian physician which could alleviate the symptoms of those suffering from MS.

Because the federal and provincial governments have not studied the procedure, however, there is only anecdotal evidence to liberation treatment's efficacy.

Health Minister Maureen MacDonald says the province is waiting for a national strategy on "liberation treatment" — a strategy she says will be discussed at a meeting of health ministers in St. John's next week.

But she said the treatment is unproven, and potentially risky.

"The idea that this is a risk-free treatment is not something the scientific community concurs with," she said.

"(The treatment opens) up veins, not arteries, and veins are very vulnerable in any form of treatment."


▶ McNeil

It was worth the risk for Yvonne Anderson. Diagnosed with MS two years ago, Anderson has lived with the symptoms of the disease since 2000. Nine weeks ago, she went to New York to have liberation treatment.

"For the first time in 10 years ... I'm able to genuinely smile, stay awake for more than three or four hours at a time, and look forward to the rest of my life," she said at the Liberals caucus office on Thursday.

Her message was simple.

"Please help us get our lives back."

ALEX BOUTILIER

Another north-end swarming reported

People urged to walk in groups, stay in well-lit and well-travelled areas


JENNIFER TAPLIN
@METRONEWS.CA

Make it eight — another swarming incident in north end Halifax has been reported to police.

The incident took place near Agricola and Harris streets on Saturday night. A man and a woman were approached by six or seven black males who spoke to the male victim. When the woman responded, the man was attacked. She tried to intervene and was assaulted as well.

Both victims were treated in the hospital for their injuries.

But police didn't hear about it until Wednesday night when someone who knows the couple reported the assault.

"We had to track him (the victim) to get the information," said Const. Brian Palmeter with the Halifax Regional Police.

Palmeter said he believes it's connected to the six swarming attacks on the Halifax Common over the long weekend. Police believe a seventh attack, which happened on Tuesday night near the skate park on the Halifax Common isn't related to the others.

"It happened in the same area, there were some similarities and we believe (the latest attack) is connected to the other incidents," Palmeter said.

Got tips?

Anyone with information about these swarmings is asked to call police at 490-5016 or through Crime Stoppers at 1-800-222-8477.

RYAN TAPLIN/METRO HALIFAX


▶ A woman walks past the fountain on the Halifax Common on Wednesday.

1 news

News on the move

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Smart trash cans hit the waterfront

- Solar-powered garbage receptacles working on the Halifax waterfront
- Cans have 4 compartments for garbage, recyclables, paper and organics



JENNIFER TAPLIN
@METRONEWS.CA

The day is approaching where garbage cans will be smarter than us.

Ten new sorters — which use solar power to compact trash and automatically sends an email to staff when they're full — were recently placed along the waterfront in a pilot project.

"We want to change waste separation behaviours in public spaces — the most challenging places of all," said Colin MacLean, president and CEO of the Waterfront Development Corporation, at the launch on Thursday afternoon.

They cost $60,000 but MacLean said they'll pay for themselves because they cut down on the number of times the trash needs to be picked up by 80 per cent.

"We will be studying and analyzing the results," he said.

"So we can learn to do this better ... and we hope to provide a national and international example."

The bins are clearly marked with diagrams and separated into compartments for trash, compost and recycling. The design makes sure there is less cross-contamination and makes it more difficult for scavengers.

"It provides a remarkable benefit for us who operate waterfronts in Bedford, Dartmouth, Lunenburg and Halifax because it reduces the time and increases the efficiency," MacLean said.

In three weeks, Joseph Hall and his team at StewardEdge Inc. will go through all the garbage and recycling to analyze how much is being recycled through these new receptacles.

He said he's already seen positive results in the few weeks the receptacles have been working on the Halifax waterfront.

Minimal light

- The solar-powered receptacles require only five minutes of light to compact trash for a week.

DARRELL OAKE/FOR METRO HALIFAX



▶ Dave Richmond of Waste Management stands by the separation receptacles that will be studied in a pilot project on the Halifax waterfront.

PROVINCE

Tories shuffle tasks

It's been a busy week for interim Tory leader Jamie Baillie — first he announced he's running in Cumberland South and then on Thursday he rearranged critic appointments.

Baillie will be looking after the Premier's Office, policy and priorities, and intergovernmental affairs. Chris D'Entremont will be leader in the House of Assembly, and Chuck Porter will take on the party whip position but stays on as the deputy house leader. Cecil Clarke was assigned as critic for the attorney-general and justice and the Human Rights Act. Karen Casey will take over as transport critic and Allan MacMaster was assigned as critic of the Regulations Act and Treasury Board as well as the finance critic.

METRO HALIFAX

Dexter wants more info

Premier Darrell Dexter said he needs more information before he reaches a decision on the proposed downtown trade centre.

Dexter said his office is currently working through the proposal from developer Rank Inc.

He could not say when the government will have a decision as to whether or not it will kick funding to the project.

Dexter's office received the proposal from Infrastructure Renewal Minister Bill Estabrooks.

$325M to $350M

- The estimated cost for the proposed trade centre to be located on Argyle Street is between $325 million and $350 million.

Estabrooks told reporters on Thursday he had formulated an opinion on the issue, but will not reveal it to the public or his colleagues before he and Dexter discuss it.

ALEX BOUTILIER

No word whether spill caused fish deaths

Nova Scotia's fisheries minister says it's not yet clear whether an oil spill near a river caused the death of 500,000 young salmon.

Sterling Belliveau said Thursday he just learned that up to $900,000 worth of salmon fry from an aquaculture farm were found dead in Barneys River.

But he said officials are still analyzing data to determine whether the spill or something else caused the deaths. A two-vehicle crash involving a tanker truck on Aug. 18 released part of a 38,000-litre load of waste oil into the river, east of New Glasgow. The two drivers were killed.

THE CANADIAN PRESS

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NDP eyes more protections for Georges Bank

Bank known for abundance of haddock, halibut, scallops Province to watch what legislators do in U.S.

RYAN TAPLIN/METRO HALIFAX



▶ Premier Darrell Dexter

The Nova Scotia government wants to increase environmental protections for Georges Bank by extending a moratorium on offshore drilling.

Premier Darrell Dexter said Thursday he intends to introduce legislation this fall that would further protect the rich fishing grounds about 100 kilometres off the coast.

"We're considering in fact looking at a substantial increase in the protections for Georges Bank," he said.

"We have a resource ... which has provided a livelihood for centuries and we want to make sure that is adequately protected."

Dexter wouldn't say what those protections might include, other than an indefinite moratorium on what is considered one of the most productive and ecologically sensitive marine areas off the East Coast.

The Canadian and provincial governments agreed in May to extend a moratorium on oil and gas exploration on Georges Bank.

The drilling ban, in place since 1988, was set to expire in 2012, but it was extended for another three years to Dec. 31, 2015, to allow for more study.

Dexter said he didn't announce further protections at the time because his government wanted to gather more information on the ecosystem.

"We want to bring in a piece of legislation that will bring some certainty to the issue," he said Thursday.

THE CANADIAN PRESS

School. Pink power



▶ Nearly 200 students at Mount Edward Elementary in Dartmouth proudly wore pink as they showed off the pinwheels they made for Stand Up Against Bullying Day Thursday.

DARRELL OAKE/FOR METRO HALIFAX

Students mark anti-bullying day

A number of schools in HRM marked the annual anti-bullying day with activities, incorporating the pink theme. Schools from the rest of the province also recognized the day.

Housing starts fall in August

New home construction in Halifax dipped in August compared to last year.

The Canada Mortgage and Housing Corporation reported Thursday housing starts were down 95 in total compared to the 229 in August 2009.

METRO HALIFAX

134 Number of new housing starts in Halifax last month.

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DEFENCE SPENDING

Military protest bombs

A protest at the Defence Security and Aerospace Exhibition seemed to do little to dampen the spirits of attendees of the Lockheed Martin Hour of Cheer. Participants at the two-day conference gathered on a barge behind the Cunard Centre as the sun set over Halifax Harbour Thursday. Outside, about 10 members of the Halifax Peace Coalition protested what they call wasteful spending.

"Our money is being wasted on military procurement and (the) collusion that's going on in there," said Heidi Verheul.

"They think weapons, war, murder, mayhem, destruction (are) something to cheer about. So they're having an hour of fun on the backs of profit made from the blood of innocents."

ALEX BOUTILIER

Bat attack leaves teen bloodied

A 17-year-old boy was left bleeding after an attack at the Gordon R. Snow Community Centre in Fall River on Wednesday.

The boy was sitting in his car when two male suspects used a baseball bat to smash out the window.

The suspects fled in a van and police are looking for them. METRO HALIFAX

Breakdown halts 21 surgeries

A Nova Scotia health authority says it had to cancel 21 elective surgeries this week after problems with several anesthesia machines. The Pictou County Health Authority says the "unexpected failure" of four of the machines occurred Tuesday at Aberdeen Hospital. THE CANADIAN PRESS

This band's working eight days a week

CONTRIBUTED



▶ Chris Fraser performs as John Lennon as part of Beatlemania On Tour.

Australian tribute band begins month-long Canadian tour Show 'clicks like clockwork': Performer



PHILIP CROUCHER
@METRONEWS.CA

Chris Fraser calls it his "dream job."

The 33-year-old musician grew up a fan of the Beatles — he even sang their songs in preschool — and is now performing around the world in a tribute band for what was, and still is, one of the most influential groups in music history.

"In a way, I'm seeing the world through their eyes and wearing their shoes and playing their music," said Fraser, who assumes the role of John Lennon for Beatlemania On Tour — The Beatles Experience, which takes to the stage Friday at 8 p.m. at the Casino Nova Scotia's the Schooner Room.

"And the audience is adoring us the way they did with the boys back in the day."

Tribute bands for the Beatles are nothing new.

But Fraser said they stand out from others because they're young, authentic and recreate the spirit of the Fab Four in the way they perform over 40 hit songs.

"It's like going to see a Beatle concert — all the best Beatle concerts rolled into one night," he said.

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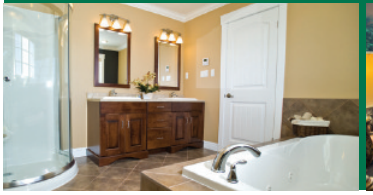


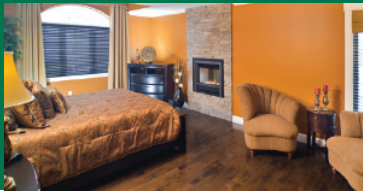


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Preeper released

Family members devastated by decision to free man facing second-degree murder charges

After nearly two months in police custody facing second-degree murder charges, Dustan Joseph Preeper left the Truro provincial courthouse on Thursday a free man.

Preeper, a 22-year-old from Noel, Hants Co., was released without conditions following a brief court appearance, during which Crown attorney Alison Brown requested charges previously laid on July 9 to be withdrawn relating to the death of 26-year-old Benjamin Denim Hare of Truro.

Hare died following a fight at a multiple-unit apartment building at 67 Lyman St. in the early morning hours of July 8.

She said at this point in time there was insufficient evidence to proceed with the case.

"It was apparent that further investigation would be required with respect to this matter," Brown said outside the courtroom.



"It is very complex in nature and the investigation isn't over by any stretch."
TRURO POLICE CHIEF DAVID MACNEIL, ON THE CASE OF DUSTAN JOSEPH PREEPER, PICTURED

Preeper sat silently in the courtroom, unshaven, wearing a long sleeved blue shirt and baggy grey jogging pants, flanked on each side by two deputy sheriffs.

A small group of about eight family members and friends of the victim sat silently as the judge agreed to withdraw charges. TRURO DAILY NEWS

SMU. Club Metro



▶ Brad Veinot, a marketing student at Dalhousie University, hands out Metro newspapers to Saint Mary University students in front of the Club Metro booth on Thursday.

JENNIFER TAPLIN/METRO HALIFAX

Best club since sandwich

Metro spent much of Thursday at both Saint Mary's and Dalhousie to hand out newspapers and promote Club Metro. A very popular Club Metro lounge was also set up on site at both schools.

AMHERST DAILY NEWS



▶ Kitty Baxter stands in front of the gas station and convenience store she is closing.

Gas station closes due to N.B. prices

Cheaper gas in New Brunswick is claiming another casualty on this side of the border.

Staff at Steamboats Convenience in Amherst were notified on Wednesday the business will close at the end of the month and owners John and Kitty Baxter are blaming the difference in gas prices between the two provinces for their decision. "We really tried to make it work, but when there's such a huge gap in the price of gas there's no way we can compete," Kitty said. "I'm really disappointed with what has happened, but more than that I'm pretty frustrated because it appears as though this government really doesn't care about Amherst."

6 The number of employees losing their jobs with the station closure.

She noticed a lot of customers coming to the pumps to buy just enough gas to get to New Brunswick, where the price of gas is six to eight cents a litre cheaper for regular self-serve gasoline. AMHERST DAILY NEWS

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MARRIAGE SURVEY

Grads do like grads as mates

The proportion of university-educated men marrying women with degrees has surged over a 25-year period, a new report says.

But it's a different story for female grads.

Statistics Canada found that in 2006, 67 per cent of married men with a university degree had a spouse with the same level of education, up from 38 per cent in 1981.

While the majority of women with a university education were married to men who also had degrees, the pattern has decreased slightly over the last quarter-century from 67 per cent in 1981 to 64 per cent in 2006.

THE CANADIAN PRESS

Will he burn? Pastor flip-flops on Qur'an

KHALID TANVEER/THE ASSOCIATED PRESS



▶ Protesters in Pakistan on Thursday denounced an American pastor's plans to burn the Qur'an.

But imam denies his claim of a deal over Ground Zero mosque

An anti-Islamic preacher backed off burning the Qur'an — but then threatened to reconsider .

Rev. Terry Jones angrily accused a Muslim leader of lying to him Thursday with a promise to move an Islamic centre and mosque away from New York's Ground Zero.

The imam planning the centre denied there was ever such a deal.

Jones generated an international firestorm with his plan to burn the Qur'an on Saturday, the ninth anniversary of the Sept. 11 terrorist attacks.

Standing outside his Pentecostal church in Gainesville, Fla., alongside Imam Muhammad Musri, president of the Islamic Society of Central Florida, Jones said he relented when Musri assured him the New York mosque will be moved.

Later, after Musri and the leader of the New York mosque denied an agreement, Jones said Musri "clearly, clearly lied to us."

Jones said: "So as of right now, we are not cancelling the event, but we are suspending it."

THE ASSOCIATED PRESS

Right or wrong?

Who's right — Rev. Terry Jones or Imam Muhammad Musri?

▶ Musri said there's no deal to move the Ground Zero mosque. He said there's only an agreement for him and Jones to travel to New York to meet with the imam overseeing the plans.

Gay man loses in blood case

Canadian Blood Services is legally allowed to ban men who have sex with men from donating blood, an Ontario court has ruled.

In dismissing a constitutional challenge, an Ontario Superior Court judge ruled Canadian Blood Services is not a government entity, so the Charter of Rights does not apply to its policies.

Canadian Blood Services had sued Kyle Freeman, a gay man who lied when giving blood, and the court has now found him liable for $10,000 for negligent misrepresentation.

He launched a counterclaim under the charter

77 In Canada, a man who has had sex with another man since 1977 is not eligible to donate blood.

THE CANADIAN PRESS

Rampage's victims

A study suggests nearly a third of students at Montreal's Dawson College suffered psychological damage after a gunman's rampage in 2006.

One student was killed before the man turned the gun on himself.

THE CANADIAN PRESS

Police fire blamed

Some victims in a botched hostage rescue of a tourist bus in the Philippines may have been hit by police fire, an official says.

Eight tourists from Hong Kong were killed and three seriously wounded on Aug. 23.

THE ASSOCIATED PRESS

Economic survey hits (and hails) Canada

Canada has dropped one place to 10th in an annual listing of competitive economies compiled by the Geneva-based World Economic Forum.

Switzerland keeps the top spot for the second year in a ranking that blends economic data with a survey of more than 13,500 business executives.

The survey dropped the U.S two spots to fourth due to huge deficits and pessimism about government.

The think-tank said Canada benefits from its highly efficient markets, its well-functioning and transparent institutions, and excellent infrastructure.

In addition, said the report, Canada has been successful in "nurturing its human resources," ranking sixth for health and primary education and eighth for higher education and training.

THE CANADIAN PRESS

139 The report ranks 139 countries on business efficiency, innovation and other factors.

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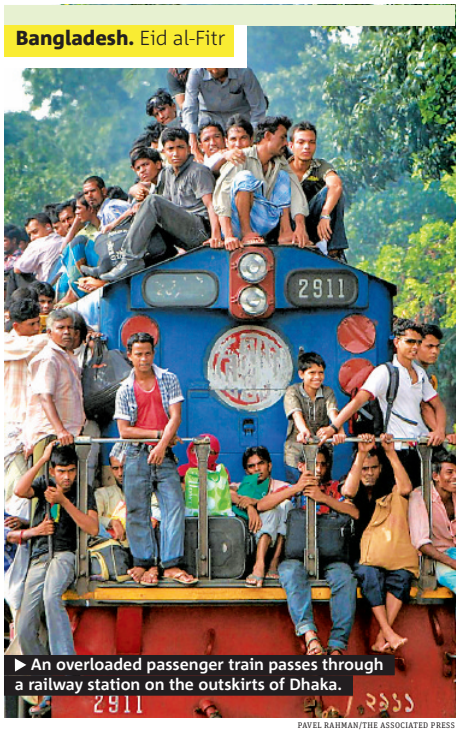
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Bangladesh. Eid al-Fitr



▶ An overloaded passenger train passes through a railway station on the outskirts of Dhaka.

PAVEL RAHMAN/THE ASSOCIATED PRESS

All aboard!

Thousands of Bangladeshi Muslims are heading home to celebrate Eid al-Fitr, a Muslim feast marking the end of the holy fasting month of Ramadan.

Suicide attack hits airport

A suicide car bomber exploded at the gate to the airport in Mogadishu, Somalia, on Thursday.

Suicide bombers in a second vehicle rushed toward the terminal before exploding themselves short of their goal, officials said. Up to 14 people were killed, including five attackers.

The assault was the latest in a surge of attacks by Islamist insurgents.

THE ASSOCIATED PRESS

Iran to free American

Three hikers detained for a year Which one will taste freedom?

Iran said it will free on Saturday one of three Americans jailed for more than a year.

It said it is a gesture of clemency to mark the end of the Islamic holy month of Ramadan.

It did not say which one would be released. But Sarah Shourd, 31, has told her mother she has serious medical problems.

Nora Shourd said she and her daughter talked about the medical problems, including a breast lump and precancerous cervical cells, and her solitary confinement in Tehran's Evin prison.

"We don't know anything ... we're trying like crazy to see what we can find out."
NORA SHOURD, MOTHER OF SARAH SHOURD

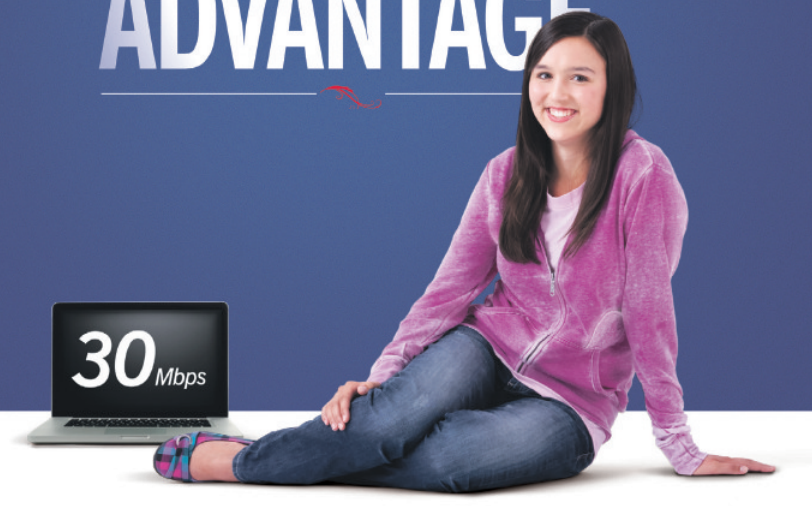
Iran has accused the trio of espionage.

Their families say the three were hiking in Iraq's largely peaceful mountainous northern Kurdish region and that if they crossed the border, it was accidental.

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Mosque dispute casts shadow on 9-11 anniversary

Muslim-American community centre still far from reality But it's become an incendiary political topic

Saturday marks the ninth anniversary of the 9-11 terror attacks on the United States. But this year the focus lies two blocks north of Ground Zero outside the planned Muslim-American community centre where a big protest is scheduled. Rally leader Pamela Geller expects "many thousands."

The blogs overflow with anger, the attacks from politicians like Sarah Palin and Newt Gingrich become increasingly bitter, and U.S. President Barack Obama's endorsement seems ever more half-hearted. The target? Mayor Michael Bloomberg's support for the so-called Park51 — the master building for the controversial Ground Zero mosque.

And the rally planned for Saturday's anniversary of 9-11 is threatening to explode in violence.

Conservative blogger and anti-Islam activist Geller, one of the centre's loudest opponents and co-founder of Stop Islamization of America, told Metro she expects many thousands to participate Saturday. The rally will begin at Park51 after the conclusion of the official memorial service.

KATARINA MATSSON/METRO WORLD NEWS



▶ Protester Robert Kunst

Gina Shadid, a 27-year-old graduate student at Columbia University and a supporter of Park51, says there will be counter protests. "I think it's really disrespectful. We didn't want to plan something, but we need to counteract all that negative energy."

KATARINA MATSSON

Muslim firefighter recalls 9-11

For firefighter Hisham Tawfiq, Sept. 11, 2001, will always be a moment frozen in time.

Tawfiq arrived after the two jets had smashed into the upper storeys of the World Trade Center in lower Manhattan, killing close to 3,000 people. He watched nearby Building 7 collapse under debris falling from the WTC.

Tawfiq is a passionate Muslim, whose father was an imam.

KATARINA MATSSON

KATARINA MATSSON/METRO WORLD NEWS



"It's one of those defining moments in history. There's an undercurrent of change."
FIREFIGHTER HISHAM TAWFIQ



▶ "It's important because people's feelings about Muslims are coming out," says Gina Shadid, a Park51 supporter.

BACKERS OF PARK51 REGRET FIRESTORM

The backers of a proposed Islamic centre near Ground Zero are expressing regrets about creating a firestorm with a plan they thought would be simple and non-controversial.

Hisham Elzanaty, an Egyptian-born businessman who says he provided a majority of the financing to gain control over the two buildings where the centre would be built, told The Associated Press he has always viewed the project primarily as an investment opportunity, and would sell some of the site if the price is right.

And the imam slated to lead the spiritual component of the centre told CNN that if he had realized how some Americans would react to the location, he would have picked some other spot.

"If I knew this would happen, if it would cause this kind of pain, I wouldn't have done it," Feisal Abdul Rauf said.

THE ASSOCIATED PRESS

PETER DEJONG/THE ASSOCIATED PRESS



Dad's reunion with lost son delayed again

Dad had quit job to intensify search for son Tip that led to son's recovery arrived on Australian Father's Day

A former Australian firefighter who toured Europe on a bicycle to highlight the hunt for his missing son said Thursday he will have to wait a little longer for an emotional reunion after the six-year-old was taken into care and the mother who allegedly abducted him was arrested.

"We need to work out some plan for me to be reintroduced to Andrew that will not cause him too much distress," Ken Thompson said of his son.

He said it could be "a couple of days" before he sees his son again.

"If we don't manage this carefully, it could cause more harm than good. Andrew has not seen me for two-and-a-half years."

KEN THOMPSON

Thompson said earlier that he was still processing the joy of hearing Andrew had been tracked down and taken into foster care in Amsterdam. Police in the city arrested his wife Melinda on Monday.

A spokeswoman for prosecutors said an Australian woman was arrested on an international warrant and jailed while authorities await an extradition request. She declined to give further details or release the woman's identity because of Dutch privacy rules, but did say that "there is a minor involved ... a six-year-old son."

Police declined to comment on the case.

THE ASSOCIATED PRESS

COLORADO WILDFIRE

Fire may hit heart of Boulder

A Colorado wildfire that already has destroyed 170 homes showed no signs of relenting Thursday as wind gusts of more than 64 km/h threatened to drive the flames eastward from the Rocky Mountain foothills and into the heart of Boulder, where some residents were warned to be ready to flee.

Officials worried about a repeat of the devastation in the foothills, where neighbourhoods once filled with million-dollar homes and scenic mountain cabins have become piles of smoking rubble. On one lot, all that survived was a tennis court. On others, all that's left are crumbling, ash-covered foundations.

Authorities told residents on the west side of Boulder to be prepared to evacuate if the wildfire moves into town.

THE ASSOCIATED PRESS

Did fear of curse kill tax law?

Romanian senators have rejected a proposed law whereby witches and fortune tellers would have to produce receipts, and would also be held liable for wrong predictions. Alin Popoviciu, of the ruling Democratic Liberal Party and one of the proposal's authors, claimed lawmakers were frightened of being cursed.

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Extra weeks of EI payments will end soon

Provinces argue money is still needed to stimulate economy $600M for training also gone

Workers who lose their jobs next week will receive less employment insurance.

As of Saturday, Ottawa will cancel an extra five weeks of regular EI benefits and end a program that provided up to an additional 20 weeks of benefits for longer-serving employees.

For older workers who suddenly find themselves unemployed after years of long-term service, this is a crushing blow, says Ontario's Intergovernmental Affairs Minister Monique Smith.

Last year, Prime Minister Stephen Harper enhanced regular EI benefits for laid off workers by five weeks in response to the crippling of Canada's job market during the economic downturn. Ottawa also enhanced benefits for longer-serving employees by up to 20 weeks.

"Pull that support from these families and it is a real hurt."
MONIQUE SMITH, ONTARIO MINISTER OF INTERGOVERNMENTAL AFFAIRS

Five weeks of benefits roughly equals $1,768 on average — EI claims are based on 55 per cent of a person's income. Twenty weeks is a lost $7,072.

As part of Ottawa's economic action plan, the government introduced a $47 billion two-year spending program. It included spending on infrastructure and enhanced EI benefits. Its aim was to prop up the national economy, but the infrastructure taps will be turned off March 31, 2011.

Ontario is not the only province hurting from the end of stimulus funding. The EI clawback is nationwide.

Nova Scotia Premier Darrell Dexter told the Star the Harper government is "fixated on drawing very definite lines" on when the programs will end. THE CANADIAN PRESS

Wireless. Videotron



▶ Robert Depatie, CEO of Videotron Inc., shows off some of the phones the company will be supporting.

RYAN REMIORZ/THE CANADIAN PRESS

New player in Quebec

Videotron officially entered the Quebec mobile communications market yesterday amid much fanfare from its own executives, who suggested a price war is already being waged in the province by its competitors.

Market moment

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Goldman Sachs fined in Britain

Britain's financial regulator hit Goldman Sachs International with a $27 million US fine yesterday for failing to notify U.K. authorities about an investigation in the United States.

It was the second-largest fine ever imposed by the Financial Services Authority.

"This penalty should send a message particularly to the senior management of large institutions of the need to have their firm's U.K. reporting obligations at the forefront of their minds," said Margaret Cole, the FSA's managing director of enforcement and financial crime.
THE ASSOCIATED PRESS

$27M
Amount in U.S. dollars of the fine Goldman Sachs will have to pay.

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DAVID DESCÔTEAUX



Want to help the environment? Here's my solution.

I recycle and I compost. I don't own a car. I work from home, which reduces my "carbon footprint." And like many of you, I hope clean energies will soon power our economies.

But let's not kid ourselves.

Nine-tenths of all the energy we use is still produced from carbon-based sources like coal, oil and natural gas.

Electricity can be produced from wind, but electricity plays only a small role in our transportation system. Denmark is thought of as a country that runs on wind turbines. Even in that country, though, hydrocarbons account for nearly 48 times as much energy as wind, according to the Energy Information Administration.

Solar power is still far too expensive. It cost up to $0.20 to produce one kilowatt-hour of electricity last year, whereas generating electricity with natural gas cost between $0.02 and $0.10.

Electric cars? Gasoline has from 50 to 80 times the energy density — energy per unit of volume — of the best available lithium-ion battery. Gasoline engines will continue to dominate the market for decades.

The day renewable energies will replace oil is still far away.

But don't despair. I have a solution to start helping the environment right away: The four-day work week. One fewer day per week of traffic, lights, computers and elevators soaking up energy.

But the economy sucks, you say. People are losing their jobs. And most Canadian companies are small businesses — with fewer than 10 employees, it's hard to do without one's sole receptionist on Fridays.

I hear you. So I thought of one group that could start the movement: Politicians. They love to spend our money on laws, programs and subsidies that cater to interest groups. If politicians only work four days, lobbyists will also have to reduce their work week. Mother Nature will be happy.

"So I thought of one group that could start the movement: Politicians ... If politicians only work four days, lobbyists will also have to reduce their work week. Mother Nature will be happy."

Taxpayers, too. My own provincial government recently spent $732 million on subsidies — mostly to multinational corporations — in just one week. Actually, it was a four-day week because of a holiday. Imagine if they had had five!

Colour me cynical, but I believe that the less politicians work, the less damage they cause.

We can act now for planet Earth. Let's adopt the four-day work week for politicians.

The environment — and your wallet — will feel better.

David Descôteaux is a freelance economic journalist and an associate researcher at the Montreal Economic Institute.

Incentives can't last: Ford CEO

Low fuel prices and big customer incentives have made trucks a surprising winner with consumers who might otherwise have opted for a car and that's expected to carry over into 2011, says the chief executive of Ford Canada.

But the trend is not sustainable over the longer term, David Mondragon said Thursday at a business luncheon at a Toronto hotel.

"We know that artificially inflating demand with high consumer incentives is not the way to go. We know that we cannot afford to take a short-term view," Mondragon said.

"In the not too distant future, we predict oil prices to exceed $100 US per barrel once again, shifting consumer behaviour to more fuel efficient vehicles."

The Canadian vehicle market has been very competitive of late with Ford and General Motors vying to regain the top sales spot and Toyota hoping to win back customers after a spate of recalls.

To compete, the automakers are offering bigger and bigger incentives. For one, Ford is extending its employee pricing incentives until the end of September.

THE CANADIAN PRESS

400 The number of employees who will be laid off this fall at Ford's Windsor, Ont. plant.

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RYAN TAPLIN/METRO HALIFAX



▶ The Dawgfather

5 MINUTES WITH: THE DAWGFATHER

Just when you think you're out, Jerry Reddick's hotdogs pull you back in. Reddick — more commonly known as the Dawgfather — has been an institution at Dalhousie University since he first set up shop in front of the Student Union Building in 1998. Now, this Dawg finally gets his day.

So, why the Dawgfather?
I used to work down in front of the Palace and all my customers were students. They used to always call me "Dr. Dog." And how I got the name the Dawgfather, one of the kids said, 'Hey man, they should call you Dawgfather because you make people a dog they can't refuse," because he wanted credit. And I said, "Hey man, you can have that."

And why do you serve at Dalhousie?
I just feed off the energy of the kids. I'm in my mid-50s, man, and these kids, they give me energy, they keep me young. I've seen kids now who were four years old when they walked past in preschool, and now they're six-foot-four and 16 years old, reminding me I used to call them "little people."

"I'm in my mid-50s, man, and these kids, they give me energy, they keep me young."

What made you want to sell hotdogs?
I wanted to do something where I didn't have to go back to work in the real world, y'know, working for the man, so to speak. I knew that people have to eat, man, and especially because we have more students per capita than anywhere else in the world, so I said, hey, let's give this a shot. And damn, I had no idea it'd take off like it did.

What's your favourite story of your time working here?
This man brings his two kids by — they're seven years old, OK? And about five months ago, the guy says, "Hey Dawgfather, my kids just left for Asia. They're 19 now. They were seven years old when I first brought them to your hotdog stand." So many wonderful stories, you just can't imagine.

METRO HALIFAX

Cartoon

MICHAEL DE ADDER



Flap those arms, men

Worth mentioning

John Travolta was onto something. Women are most attracted to male dancers who have big, flamboyant moves similar to the actor's trademark style, British scientists report in a new study.

Kris McCarty and colleagues at Northumbria University and the University of Gottingen in Germany asked 19 men aged 18 to 35 who were not professional dancers to dance in a laboratory for one minute to a basic drum rhythm. They filmed the men's movements with a dozen cameras, and then turned those movements into computer-generated avatars so the study could focus on moves, not appearances.

Scientists then showed the dancing avatars to 37 women, who rated their skills on a scale of 1 to 7. According to the women, the best dancers were those who had a wide range of dance moves and focused on the head, neck and torso.

Rufus Johnstone, a reader in the evolution of animal behaviour at Cambridge University, said there are similarities between animal mating rituals and what happens in modern dance clubs.

"There are lots of cues females use when choosing a mate, like a peacock puffing out its tail," he said. THE ASSOCIATED PRESS

All the right moves

THE ASSOCIATED PRESS FILE



What is the best job you ever had?

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Metro Minute with Walk of Hope

Walk for a good cause Sunday as hundreds are expected to lace up for Ovarian Cancer Canada's ninth annual Winners Walk of Hope. The fundraiser is the single largest in Canada supporting ovarian cancer awareness, education and research.

Last year, 11,000 participants took to the streets across Canada and raised more than $2.3 million.

Participants can do either a 2.5-kilometre or five-kilometre walk, with the start-finish line in the lower parking lot at Point Pleasant Park. After the walk there will be free refreshments, entertainment and a fun area for children — or those young at heart.

METRO HALIFAX

Three days to play

STUDENTS ARE BACK TO SCHOOL THIS WEEK. WHAT DO YOU MISS MOST ABOUT BEING A STUDENT?



Katie Bunting
OTTAWA
My roommates. I met my two best friends in university. They were my roommates. We see each other all the time, but it's not the same.



Kevin Falkingham
OTTAWA
It was a lot easier as a student to create a social circle of friends.

Are the Mooseheads' darkest days finally over?



▶ Halifax Mooseheads veteran Travis Randell, centre, with highly touted rookies Martin Frk, left, and Luca Ciampini at the Metro Centre.

DARRELL OAKE/FOR METRO HALIFAX

Loaded with youth, Mooseheads look to get back to playoffs ● Star rookie forwards Ciampini, Frk among reasons team should be more fun to watch



MATTHEW WUEST
@METRONEWS.CA

All you have to do is look at Travis Randell's career plus-minus rating to know how tough times have been for the Halifax Mooseheads the past two seasons.

One of the steadiest defensive forwards in all of junior hockey, Randell holds the dubious distinction of maintaining a franchise-worst minus-67.

That's what happens when you're part of the most dismal two-year stretch Moose Country has ever seen, with back-to-back last-place finishes and a staggering 97 losses in 136 games.

"It's been pretty hard," said the 19-year-old native of Twillingate, N.L.

"I'm the type of person who hates to lose, no matter what, even if it's just a board game with a friend. It's just not the same as winning."

Randell is the only member of the Mooseheads who can tell you what it's actually like to win at the Metro Centre. He was a rookie on the 2007-08 squad that



"I'm the type of person who hates to lose, no matter what, even if it's just a board game with a friend. It's just not the same as winning"
TRAVIS RANDELL

earned 42 victories and went three rounds into the playoffs.

The Mooseheads are now younger than ever — with 10 rookies and an average junior age of 17.8 — and nobody will try to convince you they're going to contend for a championship. They're still rebuilding, but there's finally reason for optimism.

Randell, Gabriel Desjardins, Gerrad Grant, Brent Andrews and Carl Gelinas are among the returning forwards who will receive a boost from potential star rookies Luca Ciampini, Martin Frk, Andrew Ryan and Darcy Ashley up front.

Coupled with solid depth at defence, led by Konrad Abeltsahuser and Garrett Clarke, and three QMJHL calibre goaltenders, there is reason to believe making the playoffs is once again a possibility.

"There's a lot of buzz in the dressing room, especially for those of us who have been here the past couple of years and know what it's like to have losing seasons," Randell said.

"It's not the way you want to be known, as a losing team.

"Everybody's excited."

What's inside



CAM RUSSELL TAKES YOUR QUESTIONS
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COMPLETE ROSTER
{page 18}

Meet the Mooseheads

Forwards

79 BRENT ANDREWS

POSITION: Centre
MEASUREMENTS: 6-2/194
JUNIOR AGE: 17
HOMETOWN: Hunter River, P.E.I.
NHL: 2011 eligible
2009-10 STATISTICS
TEAM: Halifax (QMJHL)

GP	G	A	P	PIM
64	7	9	16	33

17 DARCY ASHLEY

POSITION: Right Wing
MEASUREMENTS: 5-7/163
JUNIOR AGE: 17
HOMETOWN: Alberton, P.E.I.
NHL: 2011 eligible
2009-10 STATISTICS
TEAM: Summerside (MJAHL)

GP	G	A	P	PIM
46	26	41	67	61

26 CHARLES BETY

POSITION: Centre
MEASUREMENTS: 5-11/182
JUNIOR AGE: 20
HOMETOWN: Saint-Bernard, Que.
NHL: Free Agent
2009-10 STATISTICS
TEAM: Halifax (QMJHL)

GP	G	A	P	PIM
64	13	11	24	73

20 MATTHEW BOUDREAU

POSITION: Centre
MEASUREMENTS: 5-8/170
JUNIOR AGE: 17
HOMETOWN: Saint-Joseph-du-Lac, Que.; **NHL:** 2011 eligible
2009-10 STATISTICS
TEAM: Saint-Eustache (midget)

GP	G	A	P	PIM
41	26	38	64	11

48 LUCA CIAMPINI

POSITION: Left Wing
MEASUREMENTS: 5-11/189
JUNIOR AGE: 16
HOMETOWN: La Salle, Que.
NHL: 2012 eligible
2009-10 STATISTICS
TEAM: Chateauguay (midget)

GP	G	A	P	PIM
38	18	25	43	56

21 GABRIEL DESJARDINS

POSITION: Left Wing
MEASUREMENTS: 6-0/191
JUNIOR AGE: 18
HOMETOWN: L'Assomption, Que.
NHL: 2011 eligible
2009-10 STATISTICS
TEAM: Halifax (QMJHL)

GP	G	A	P	PIM
62	11	21	32	46

19 CARL GELINAS

POSITION: Left Wing
MEASUREMENTS: 6-0/185
JUNIOR AGE: 18
HOMETOWN: Shawinigan-Sud, Que.; **NHL:** 2011 eligible
2009-10 STATISTICS
TEAM: Halifax (QMJHL)

GP	G	A	P	PIM
56	14	16	30	15

22 GERRAD GRANT

POSITION: Left Wing
MEASUREMENTS: 5-10/180
JUNIOR AGE: 20
HOMETOWN: Halifax
NHL: Free Agent
2009-10 STATISTICS
TEAM: Halifax (QMJHL)

GP	G	A	P	PIM
64	22	26	48	47

91 MARTIN FRK

POSITION: Right Wing
MEASUREMENTS: 5-11/190
JUNIOR AGE: 17
HOMETOWN: Bochov, Czech Rep.
NHL: 2012 eligible
2009-10 STATISTICS
TEAM: Karlovy Vary (Czech)

GP	G	A	P	PIM
39	28	27	55	184

27 ALEX LEMIEUX

POSITION: Right Wing
MEASUREMENTS: 5-11/194
JUNIOR AGE: 18
HOMETOWN: Saint-Hubert, Que.
NHL: 2011 eligible
2009-10 STATISTICS
TEAM: Halifax (QMJHL)

GP	G	A	P	PIM
50	7	7	14	41

16 TRAVIS RANDELL

POSITION: Right Wing
MEASUREMENTS: 6-0/192
JUNIOR AGE: 19
HOMETOWN: Twillingate, N.L.
NHL: 2011 eligible
2009-10 STATISTICS
TEAM: Halifax (QMJHL)

GP	G	A	P	PIM
68	18	27	45	20

9 ANDREW RYAN

POSITION: Centre
MEASUREMENTS: 6-2/186
JUNIOR AGE: 16
HOMETOWN: Paradise, N.L.
NHL: 2012 eligible
2009-10 STATISTICS;
TEAM: Notre Dame (Sask. midget)

GP	G	A	P	PIM
42	18	25	43	38

Defence

14 ALEX SOULIGNY

POSITION: Right Wing
MEASUREMENTS: 5-10/190
JUNIOR AGE: 17
HOMETOWN: Lachenaie, Que.
NHL: 2011 eligible
2009-10 STATISTICS
TEAM: Esther-Blondin (Que. midget)

GP	G	A	P	PIM
27	11	13	24	24

12 FRANCIS TURBIDE

POSITION: Centre
MEASUREMENTS: 6-3/185
JUNIOR AGE: 17
HOMETOWN: Ste-Marthe-du-Cap, Que.; **NHL:** 2011 eligible
2009-10 STATISTICS
TEAM: Trois-Rivieres (Que. midget)

GP	G	A	P	PIM
35	12	25	37	54

10 KONRAD ABELTSHAUSER

POSITION: Defence
MEASUREMENTS: 6-5/212
JUNIOR AGE: 18
HOMETOWN: Bad Tolz, Ger.
NHL: San Jose (2010)
2009-10 STATISTICS
TEAM: Halifax (QMJHL)

GP	G	A	P	PIM
48	5	20	25	28

55 PASCAL AMYOT

POSITION: Defence
MEASUREMENTS: 6-4/210
JUNIOR AGE: 20
HOMETOWN: Ste-Foy, Que.
NHL: Free Agent
2009-10 STATISTICS
TEAM: Halifax (QMJHL)

GP	G	A	P	PIM
66	7	19	26	35

4 JAMIE BISHOP

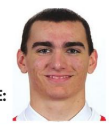
POSITION: Defence
MEASUREMENTS: 6-0/187
JUNIOR AGE: 17
HOMETOWN: St. Stephen, N.B.
NHL: 2011 eligible
2009-10 STATISTICS
TEAM: Halifax (QMJHL)

GP	G	A	P	PIM
25	0	4	4	6

82 GARRETT CLARKE

POSITION: Defence
MEASUREMENTS: 6-0/197
JUNIOR AGE: 18
HOMETOWN: Moncton, N.B.
NHL: 2011 eligible
2009-10 STATISTICS
TEAM: Halifax (QMJHL)

GP	G	A	P	PIM
45	6	16	22	165

3 SIMON DESMARAIS

POSITION: Defence
MEASUREMENTS: 6-0/181
JUNIOR AGE: 16
HOMETOWN: Chambly, Que.
NHL: 2012 eligible
2009-10 STATISTICS
TEAM: A.-Girouard (Que. midget)

GP	G	A	P	PIM
42	0	4	4	22

44 STEVE GILLARD

POSITION: Defence
MEASUREMENTS: 5-10/188
JUNIOR AGE: 188
HOMETOWN: St. John's, N.L.
NHL: 2011 eligible
2009-10 STATISTICS
TEAM: Halifax (QMJHL)

GP	G	A	P	PIM
54	1	7	8	36

77 SAWYER HANNAY

POSITION: Defence
MEASUREMENTS: 6-4/202
JUNIOR AGE: 18
HOMETOWN: Moncton, N.B.
NHL: Vancouver (2010)
2009-10 STATISTICS
TEAM: Halifax (QMJHL)

GP	G	A	P	PIM
54	1	5	6	158

7 TREY LEWIS

POSITION: Defence
MEASUREMENTS: 5-11/186
JUNIOR AGE: 17
HOMETOWN: Moncton, N.B.
NHL: 2011 eligible
2009-10 STATISTICS
TEAM: Miramichi (N.B. midget)

GP	G	A	P	PIM
26	9	22	31	38

Goaltenders

31 PETER DELMAS

POSITION: Goaltender
MEASUREMENTS: 6-2/188
JUNIOR AGE: 20
HOMETOWN: Bedford
NHL: Montreal (tryout)
2009-10 STATISTICS
TEAM: Que/Hfx (QMJHL)

GPI	W-L-O	SO	GAA	Sv%
41	20-16-0	1	3.24	.897

30 MATHIEU CORBEIL

POSITION: Goaltender
MEASUREMENTS: 6-5/195
JUNIOR AGE: 19
HOMETOWN: Montreal
NHL: Columbus (2010)
2009-10 STATISTICS
TEAM: Halifax (QMJHL)

GPI	W-L-O	SO	GAA	Sv%
50	8-39-0	0	3.83	.883

73 ANTHONY TERENZIO

POSITION: Goaltender
MEASUREMENTS: 5-8/161
JUNIOR AGE: 17
HOMETOWN: New Canaan, Ct.
NHL: 2011 eligible
2009-10 STATISTICS
TEAM: Shattuck (U.S. prep)

GPI	W-L-O	SO	GAA	Sv%
20	15-2-2	—	2.41	.902

Coach

CAM RUSSELL

ROLE: Head coach/general manager
YEAR: Fifth as head coach/Second as GM
HOMETOWN: Cole Harbour
AGE: 41
CAREER COACHING RECORD:

W	L	O	P	Pct.
113	143	20	239	.409

Preseason stats

SKATERS

	GP	G	A	PTS	PIM
CLARKE, GARRETT	5	2	3	5	21
TURBIDE, FRANCIS	5	2	2	4	8
GÉLINAS, CARL	5	2	2	4	2
RYAN, ANDREW	5	2	2	4	0
SOULIGNY, ALEX	5	2	2	4	0
GRANT, GERRAD	3	1	3	4	2
BOUDREAU, M.	5	1	1	2	2
DESJARDINS, G.	5	1	1	2	4
GILLARD, STEVE	5	1	1	2	0
CIAMPINI, LUCA	5	1	0	1	4
ASHLEY, DARCY	4	0	1	1	9
DAVIS, RYAN	3	0	1	1	2
WARNER, LUKE	5	0	1	1	11
AMYOT, PASCAL	2	0	0	0	0
BELANGER, JUSTIN	1	0	0	0	0
DESMOND, JOSHUA	1	0	0	0	0
DIMITRUK, PAUL	1	0	0	0	2
KAVANAUGH, KYLE	1	0	0	0	4
SQUIRES, CODY	1	0	0	0	4
WIGGINTON, A.	1	0	0	0	0
MACDONALD, B.	2	0	0	0	0
MCGUIGAN, DYLAN	2	0	0	0	0
ABELTSHAUSER, K.	4	0	0	0	0
ANDREWS, BRENT	4	0	0	0	4
BETY, CHARLES	3	0	0	0	6
DESMARAIS, S.	3	0	0	0	4
HANNAY, SAWYER	4	0	0	0	10
RANDELL, TRAVIS	4	0	0	0	2
BISHOP, JAMIE	5	0	0	0	2
LEMIEUX, ALEX	5	0	0	0	13
LEWIS, TREY	4	0	0	0	6

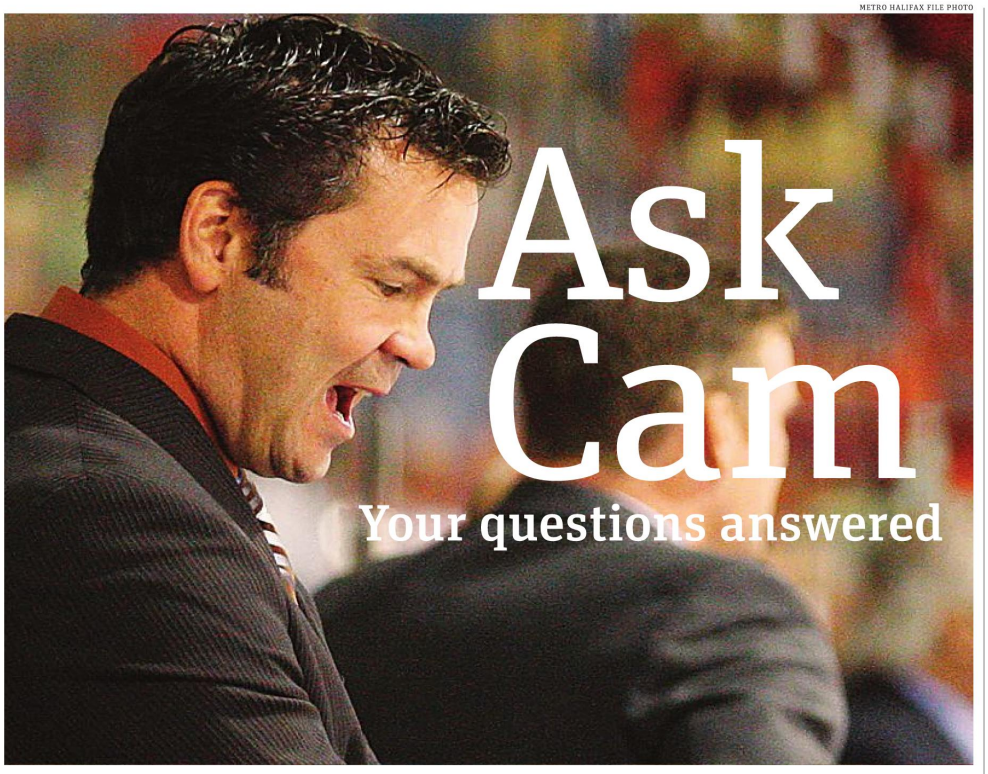
GOALTENDERS

NAME	GPI	GAA	SV%
DELMAS, PETER	3	1.48	.948
TERENZIO, ANTHONY	4	4.47	.807
CHISHOLM, RANDY	1	8.14	.556
CORBEIL, MATHIEU	3	9.16	.645

MOOSEHEADS REGULAR SEASON RECORDS SINCE 1994-95

SEASON	W	L	O	PTS	PCT
1994-95	24	42	6	54	.375
1995-96	32	36	2	66	.471
1996-97	37	29	4	78	.557
1997-98	24	41	5	53	.379
1998-99	46	20	4	96	.686
1999-00	41	20	11	93	.646
2000-01	32	24	16	80	.556
2001-02	39	21	12	90	.625
2002-03	44	15	13	101	.701
2003-04	17	43	10	44	.314
2004-05	42	16	12	96	.686
2005-06	35	33	2	72	.514
2006-07	32	31	7	71	.507
2007-08	42	23	5	89	.636
2008-09	19	41	8	46	.338
2009-10	20	48	0	33	.294

METRO HALIFAX FILE PHOTO



Ask Cam

Your questions answered

We invited readers to submit their questions for Halifax Mooseheads head coach and general manager Cam Russell. Following is the Q&A.

Q What's the most important thing you've learned since a) becoming head coach and b) becoming general manager?

— Matt Jussup, Halifax

A It's such a time consuming job. It's seven days a week. You're coaching one minute, you're managing, doing administrative work the next. The attention to detail. There's little room for mistake in detail.

Q As a former rough-and-tumble blueliner, do you think the intimidation side of the game is dead? When you took over, I expected more of that attitude to be projected upon the team. Why hasn't that been the case?

— Jordan Dearing, Dartmouth

A It's tough to give intensity and passion to a hockey player. Those are qualities they learn at a young age. It's just who they are. You can't take a Ben MacAskill and turn him into a tough, intimidating blueliner. You've got to draft those players and find them. They're as important to your team as a 40-goal scorer. If you want Jody Shelleys, you have to go out and find them. That's why we liked Sawyer Hannay. We drafted him hoping he would come in and play that role.

Q What role do you see Darcy Ashley playing on the Mooseheads this year?

— Patrick Healey, Enfield

A Darcy is going to be one of our top offensive players. He's going to help us score on the power play, which is what we need, and we expect him to be on our hockey team for three or four years.

Q How can a player be eligible for the import draft yet still be under contract in their home country? What's your solution to the problem?

— Mark Reesor, Halifax

A That's a good question. Obviously, even though a player is under contract, there are ways to get him out of that contract. I don't know what the solution would be, but going into the European draft you have to know exactly what you're dealing with before you draft a player. We knew exactly what we were dealing with (with Czech Martin Frk) and we knew it would take a lot of work.

Q Are you worried that your toughness looks heavily weighted towards the back end (after cutting forwards Luke Warner and Ryan Davis)?

— Justin David, Waverley

A We had to take the best 24 players. Toughness is very important to us but you can't have one-dimensional players. You have to have players who can play a physical role, but they have to get the job done as well. Warner and Davis are only 17-year-olds and realistically they need another year of playing before they can fill that role.

Q Also, what are your biggest concerns with this young team?

— Justin David, Waverley

A I wouldn't say there are any big concerns but I think people have to be realistic. We have nine 17-year-olds, three 16-year-olds and there's going to be a bit of a learning curve … But I'm just excited about it. Last year we had a lot of fears and concerns and this year we're just excited for the outcome.

METRO HALIFAX

Schedule

Friday, Sept. 10
Cape Breton at Halifax, 7 p.m.
Saturday, Sept. 11
Bathurst at Halifax, 7 p.m.
Friday, Sept. 17
Halifax at Bathurst, 7:30 p.m.
Saturday, Sept. 18
Halifax at Saint John, 7 p.m.
Wednesday, Sept. 22
Halifax at Baie-Comeau, 8:30 p.m.
Friday, Sept. 24
Halifax at Chicoutimi, 8:30 p.m.
Saturday, Sept. 25
Halifax at Quebec, 8 p.m.
Sunday, Sept. 26
Halifax at Rimousi, 5 p.m.
Friday, Oct. 1
Saint John at Halifax, 7 p.m.
Sunday, Oct. 3
P.E.I. at Halifax, 2 p.m.
Friday, Oct. 8
Montreal at Halifax, 7 p.m.
Saturday, Oct. 10
Moncton at Halifax, 4 p.m.
Wednesday, Oct. 13
Rimouski at Halifax, 7 p.m.
Saturday, Oct. 16
Halifax at Bathurst, 7 p.m.
Tuesday, Oct. 19
Bathurst at Halifax, 7 p.m.
Friday, Oct. 22
Cape Breton at Halifax, 7 p.m.
Saturday, Oct. 23
Saint John at Halifax, 7 p.m.
Wednesday, Oct. 27
Gatineau at Halifax, 7 p.m.
Friday, Oct. 29
Halifax at P.E.I., 7 p.m.
Saturday, Oct. 30
Halifax at Moncton, 7 p.m.
Friday, Nov. 5
Chicoutimi at Halifax, 7 p.m.
Saturday, Nov. 6
Shawinigan at Halifax, 7 p.m.
Friday, Nov. 12
P.E.I. at Halifax, 7 p.m.
Wednesday, Nov. 17
Rouyn-Noranda at Halifax, 7 p.m.
Friday, Nov. 19
Rouyn-Noranda at Halifax, 7 p.m.
Saturday, Nov. 20
Val-d'Or at Halifax, 4 p.m.
Friday, Nov. 26
Halifax at Cape Breton, 7 p.m.
Sunday, Nov. 28
Halifax at Saint John, 3 p.m.
Wednesday, Dec. 1
Halifax at Shawinigan, 8 p.m.
Friday, Dec. 3
Halifax at Val-d'Or, 8:30 p.m.
Saturday, Dec. 4
Halifax at Rouyn-Noranda, 8:30 p.m.
Thursday, Dec. 9
Moncton at Halifax, 7 p.m.
Saturday, Dec. 11
Quebec at Halifax, 7 p.m.
Sunday, Dec. 12
Halifax at Saint John, 3 p.m.
Wednesday, Dec. 15
Halifax at Bathurst, 7:30 p.m.
Friday, Dec. 17
Halifax at Moncton, 7:30 p.m.
Saturday, Dec. 18
Bathurst at Halifax, 7 p.m.
Tuesday, Dec. 28
Halifax at Cape Breton, 7 p.m.
Thursday, Dec. 30
Cape Breton at Halifax, 7 p.m.
Tuesday, Jan. 4
Halifax at P.E.I., 7 p.m.
Friday, Jan. 7
Moncton at Halifax, 7 p.m.
Saturday, Jan. 8
Saint John at Halifax, 7 p.m.
Thursday, Jan. 13
Halifax at Lewiston, 8 p.m.
Saturday, Jan. 15
Halifax at Gatineau, 5 p.m.
Sunday, Jan. 16
Halifax at Montreal, 4:05 p.m.
Friday, Jan. 21
Victoriaville at Halifax, 7 p.m.
Saturday, Jan. 22
P.E.I. at Halifax, 7 p.m.
Friday, Jan. 28
Baie-Comeau at Halifax, 7 p.m.
Saturday, Jan. 29
Halifax at Moncton, 7 p.m.
Sunday, Jan. 30
Halifax at P.E.I., 3 p.m.
Wednesday, Feb. 2
Drummondville at Halifax, 7 p.m.
Saturday, Feb. 5
Saint John at Halifax, 7 p.m.
Wednesday, Feb. 9
Halifax at Montreal, 8:05 p.m.
Friday, Feb. 11
Halifax at Gatineau, 8:30 p.m.
Saturday, Feb. 12
Halifax at Victoriaville, 5 p.m.
Sunday, Feb. 13
Halifax at Drummondville, 5 p.m.
Friday, Feb. 18
Halifax at Cape Breton, 7 p.m.
Saturday, Feb. 19
Val-d'Or at Halifax, 4 p.m.
Tuesday, Feb. 22
Halifax at Saint John, 7 p.m.
Saturday, Feb. 26
Halifax at Cape Breton, 7 p.m.
Tuesday, March 1
Halifax at Moncton, 7 p.m.
Thursday, March 3
Lewiston at Halifax, 7 p.m.
Wednesday, March 9
P.E.I. at Halifax, 7 p.m.
Friday, March 11
Halifax at P.E.I., 7 p.m.
Saturday, March 12
Halifax at Bathurst, 7 p.m.
Wednesday, March 16
Moncton at Halifax, 7 p.m.
Friday, March 18
Bathurst at Halifax, 7 p.m.
Saturday, March 20
Cape Breton at Halifax, 2 p.m.

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▶ Carey Mulligan, left, stars in Never Let Me Go with Keira Knightly, centre.

Mulligan excited for 'biggest part' yet

Oscar nominee badly wanted role in Never Let Me Go after reading the popular book the movie is based on Actress enjoyed bringing life to a character she fell in love with

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Carey Mulligan is the first to admit that her latest film, the adaptation of Kazuo Ishiguro's Never Let Me Go, was a role very close to her heart, as she fell in love with the novel before an film was even planned. Nominated for an Oscar last year for her performance in An Education, 25-year-old Mulligan is quickly developing an impressive resume. She sat down with Metro to discuss the themes of the novel, playing a part she never thought she'd get and ignoring the noise of awards season.

Were you a fan of the book before auditioning?

Yes. My mum was a big Ishiguro fan, and I read it immediately after her. I loved it, and didn't really think it was a part I could get because of all the usual reasons. So when it came around, to get to audition for it was huge for me. It was sort of the biggest part I'd auditioned for — and kind of the best phone call I'd ever had when I got the job.

So why do you think the characters don't run away?

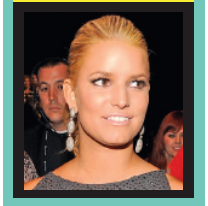
I don't see any reason why they would, having kind of briefly lived in that world. You know, they're brought up to believe if they leave the confines of their school, it's certain death. There's nothing out there that's better than what they have, in their minds.

We're heading into awards season again soon. How is living in that world so early in your career?

It sort of feels like that's somehow always the ultimate goal, and for me that's not the ultimate goal. It's sort of like the only merit you can have as a film is if you win an award, and I think the merit you have with the film is if you take a book that people love and you make a film that's faithful to that book and doesn't hurt the book and tell a story that moves people in whatever way.

2 scene

News in brief



Jessica Simpson took her seat as guest judge at Thursday's Project Runway show at New York Fashion Week in a super-short, sparkly silver minidress.

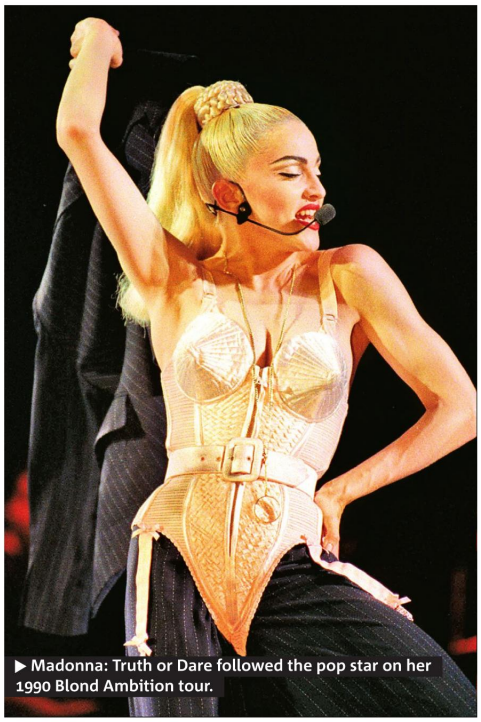
Ten aspiring designers showed their collections to Simpson, Heidi Klum, Michael Kors and Nina Garcia, although several knew they already didn't make the cut and won't be the Season 8 winner. Extra designers needed to participate to keep secret the winners and losers of episodes that haven't yet aired.

THE ASSOCIATED PRESS

Japanese cult director Miike remakes samurai classic 'Thirteen Assassins' for new generation



Music docs that top the charts



▶ Madonna: Truth or Dare followed the pop star on her 1990 Blond Ambition tour.

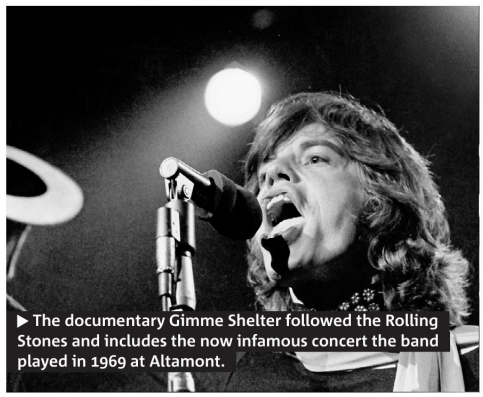
Get a fascinating look behind the music with five of the best true stories on musicians ◐ Sex, drugs, rock 'n' roll and everything in between

There are music documentaries that are all about the music — concert films that focus solely on the artistry and thrill of live performance — and then there are juicy ones that are all about backstage ego and volatility.

I'm Still Here, which follows Joaquin Phoenix's tumultuous transformation from Oscar-nominated actor to shaggy, doughy rapper, would seem to fall into the latter category — if it truly is a documentary, that is, and not an elaborate put-on. Here are some other examples of serious rock-star behaviour:

Bob Dylan: Don't Look Back

A classic from legendary documentarian D.A. Pennebaker, this behind-the-scenes look at the 23-year-old Dylan set the standard for this kind of film. It's got all that famous imagery: the black-and-white verite photography, Dylan standing there tossing away cue cards with the lyrics to Subterranean Homesick Blues.



▶ The documentary Gimme Shelter followed the Rolling Stones and includes the now infamous concert the band played in 1969 at Altamont.

I Am Trying to Break Your Heart

Visually similar to Don't Look Back with its grainy, black-and-white cinematography, this documentary began life as an up-close depiction of the Chicago band Wilco as it stood on the brink of stardom. It ended up being an indictment of the corporations that run the recording industry. Led by singer-songwriter Jeff Tweedy, the band records its fourth album, Yankee Hotel Foxtrot, only to reach an impasse with the label over its content.

Metallica: Some Kind of Monster

A riveting look at a turbulent time in the monstrously popular metal band's history. You don't have to be a Metallica fan to enjoy this movie (though there are plenty of recording sessions to watch if you are). Through the group's brutally honest therapy sessions, filmmakers Joe Berlinger and Bruce Sinofsky tell a story of loyalty, communication, redemption and the challenges that come with continuing a career in your 40s.

Gimme Shelter

Another classic from another legendary documentarian, Albert Maysles. Here, the volatility doesn't just exist backstage, it permeates every scene, swelling as the film leads up to its explosive climax: the Rolling Stones' concert at Altamont, where a clash between Hell's Angels and fans results in death. Maysles follows the band's 1969 tour, and the feeling of dread is inescapable; the fact that we know what's coming at the end in no way depletes it of its suspense.

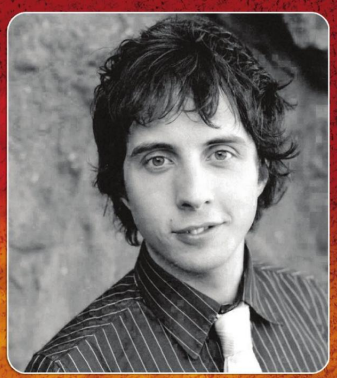
Madonna: Truth or Dare

A striking mix of black and white with bursts of colour during the concert scenes, which seems fitting for Madonna, given the dramatically fluctuating images of herself she presents to the world. Director Alek Keshishian follows Madonna on her grueling 1990 Blond Ambition tour and provides many of the moments we've come to associate with the pop star.

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Night raises the Devil

Shyamalan gives up director's chair for latest thriller ◗ Filmmaker prefers fun scary over trauma scary

TREVOR PARKER
SCENE@METRONEWS.CA

Filmmaker M. Night Shyamalan has made a career out of assaulting audiences' nerves with his tense and twisting thrillers, and now for the new film Devil he's called in reinforcements. Shyamalan serves as Devil's producer and story creator while bringing the Dowdle brothers (Quarantine) on board to handle directing duties. Opening next Friday, the film tells the tale of five strangers trapped in an elevator and struggling to uncover which of them hides a diabolical secret before time runs out.

Originally intending to direct Devil himself, Shyamalan was impressed with the Dowdles' interpretation: "They just made a really scary movie, which I guess is the bottom line. And it's the fun scary. You know how there's like, trauma scary? That's not what this is. You'll actually be giggling at yourself because you're jumping so much. That was really our goal. After seeing Quarantine, I said I wanted that level of fun ride to Devil."

Devil will be the first in a planned series of films called The Night Chronicles, in which other directors and screenwriters will work with story outlines provided by Shyamalan. "I'm always choosing one (idea) over the other for myself to make, but I really want to tell these stories, so I thought, 'Let's go out and get some great filmmakers to help,'" he explains.

After Shyamalan's last outing, the more family-oriented The Last Airbender, he's eager to jump back into the fright business. "It's kind of cool to have a family movie come out and then Devil, which is the sort of movie I would love to go see myself. I'm a tension junkie, a crack addict for suspense," he laughs.



▶ In Devil, five strangers are trapped in an elevator and one of them is hiding a dark secret.

No remake

Dreading the possibility of an unnecessary "reimagining" for Shyamalan's 1999 hit The Sixth Sense? Fear not, this is one classic title that will remain tamper-proof. Shyamalan assures Metro that he accepted a reduced paycheque at the time of filming in order to retain all rights to his Sixth Sense screenplay and that he's none too keen on ever seeing it remade.

Bollywood star helps abuse victims

LYNNE SLADKY/THE ASSOCIATED PRESS



▶ Somy Ali

Years after Somy Ali left her glamorous life as a Bollywood actress, she heard a knock on her door from a Bangladeshi neighbour, asking for help.

The woman said she'd been sexually and physically abused for a decade by her husband, his father and his brother. Ali paid for the woman's apartment and divorce.

"I said 'There have to be more women like this,"' Ali said.

So she founded a not-for-profit organization called No More Tears Inc. in 2006. So far it has helped 48 women. Ali funds her organization in part by giving 10 per cent of the revenue from her clothing company, So-Me Designs.

"These people have become part of my family," she said. "There is nothing more gratifying than rescuing a woman."

Ali's own life reads like a Bollywood script. She grew up in an opulent 26-room mansion in Karachi, the daughter of a Pakistani movie producer father and an Iraqi mother. When Ali was nine, she moved to Florida with her mother and brother.

At 15, she decided that she wanted to marry actor Salman Khan, whom she calls "the equivalent of Brad Pitt in India," and that she wanted to move to India.

Eventually, she got her way. While in a Mumbai hotel lobby, a producer's assistant spotted her and launched her career in film. Soon after, Khan saw her at an agency by chance and cast her in a movie.

Her Bollywood romance lasted a few years, but Ali soon broke up with Khan and came to back to Florida at age 24.

Now, at 34, she is trying to get the message out to victims of abuse. She puts her brochures in mosques, churches, and ethnic grocery stores, and even in Indian and Pakistani restaurants.

"If you want to help someone, it comes naturally," she said.

THE ASSOCIATED PRESS



THESE PAGES COVER MOVIE START TIMES FROM FRI., SEP. 10 TO THURS., SEP. 16. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

HANDOUT



▶ Machete, starring Danny Trejo, opened across Canada last weekend.

HALIFAX

BAYERS LAKE
190 Chain Lake Dr., Bayers Lake
902-876-4800

The American (STC) Dolby Stereo, Stadium Seating Fri-Thu 1:20-4:25-7:20-9:55
Avatar: Special Edition 3D (STC) Dolby Stereo, Stadium Seating Fri-Thu 1-4:45-8:30
Cats & Dogs: The Revenge of Kitty Galore (G) Dolby Stereo Fri-Thu 1:30-4
Despicable Me (G) Dolby Stereo, Stadium Seating Fri-Thu 1:05-3:40
Dinner for Schmucks (PG) Dolby Stereo, Stadium Seating Fri-Thu 1:15-4:05-7:10-9:55
Eat Pray Love (PG) Dolby Stereo, Stadium Seating Fri-Thu 1-4-6:55-9:45
The Expendables (18) Dolby Stereo, Stadium Seating Fri-Thu 1:50-4:40-7:30-10
Going the Distance (STC) Dolby Stereo, Stadium Seating Fri-Sun 1:45-4:45-7:25-9:55 Dolby Stereo, Stadium Seating Mon 1:45-4:15-7:25-9:55 Dolby Stereo, Stadium Seating Tue 1:45-4:45-7:25-9:55 Dolby Stereo, Stadium Seating Wed-Thu 1:45-4:15-7:25-9:55
Inception (PG) Dolby Stereo, Stadium Seating Fri-Thu 8:45
The Last Exorcism (14) Dolby Stereo, Stadium Seating Fri-Sun 7:25-9:45 Dolby Stereo, Stadium Seating Mon 9:45 Dolby Stereo, Stadium Seating Tue 7:25-9:45 Dolby Stereo, Stadium Seating Wed-Thu 9:45
Machete (STC) Dolby Stereo, Stadium Seating Fri-Thu 1:30-4:25-7:15-9:50
Nanny McPhee Returns (G) Dolby Stereo, Stadium Seating Fri-Thu 1:15-4:05
The Other Guys (14) Dolby Stereo, Stadium Seating Fri-Thu 6:55-9:30
Piranha 3D (STC) Dolby Stereo, Stadium Seating Fri-Thu 1:55-4:30-7:35-10
Resident Evil: Afterlife 3D (STC) Dolby Stereo, Stadium Seating Fri-Thu 1:20-4:15-7:25-10
Scott Pilgrim vs. the World (PG) Dolby Stereo, Stadium Seating Fri-Thu 6:55-9:45
The Switch (PG) Dolby Stereo, Stadium Seating Fri-Thu 1-1:3:55-3:55-6:45-6:45-9:35-9:35
Takers (14) Dolby Stereo, Stadium Seating Fri-Thu 1:30-4:10-7:10-9:50
Toy Story 3 (G) Dolby Stereo, Stadium Seating Fri-Thu 1:10-4:10
The Twilight Saga: Eclipse (PG) Dolby Stereo, Stadium Seating Fri-Thu 1:10-3:55-6:45-9:30

IMAX
190 Chain Lake Dr., Bayers Lake
902-876-4800

Hubble 3D (G) Dolby Stereo, No Passes, Stadium Seating Fri-Tue 1-2:45-4:30-6:30 Dolby Stereo, No Passes, Stadium Seating Wed 1-2:45-4:30 Dolby Stereo, No Passes, Stadium Seating Thu 1-2:45-4:30-6:30
Inception: The IMAX Experience (PG) Dolby Stereo, Stadium Seating Fri-Tue 8:15 Dolby Stereo, Stadium Seating Wed-Thu 7:10

OXFORD THEATRE
6408 Quinpool Rd.
902-423-7488

The Disappearance of Alice Creed (STC) Fri 6:45-9:15 Sat-Sun 4-6:45-9:15 Mon-Wed 6:45-9:15

PARK LANE
5657 Spring Garden Rd.
902-423-4860

The American (STC) Stadium Seating Fri-Sun 1:20-3:40-6:40-9:10 Stadium Seating Mon-Thu 4:05-6:40-9:10
BBC's Last Night of the Proms (STC) Stadium Seating Sat 3:30
Coco Chanel & Igor Stravinsky (STC) Stadium Seating Fri-Sun 1:05-3:45-6:30-9:15 Stadium Seating Mon-Wed 3:45-6:30-9:15
Eat Pray Love (PG) Stadium Seating Fri-Sun 2-7:20 Stadium Seating Mon-Thu 4-7:20
Flipped (STC) Stadium Seating Fri-Sun 1:10-3:20-6:45-9 Stadium Seating Mon-Thu 4:15-6:45-9
Get Low (STC) Stadium Seating Fri 1-3:30-6:20-8:50 Stadium Seating Sat 6:20-8:50 Stadium Seating Sun 1-3:30-6:20-8:50 Stadium Seating Mon-Wed 3:55-6:20-8:50
Going the Distance (STC) Stadium Seating Fri-Sun 1:40-4:10-6:50-9:20 Stadium Seating Mon-Thu 4:10-6:50-9:20
Machete (STC) Stadium Seating Fri-Sun 1:30-4-7:10-9:40 Stadium Seating Mon-Thu 4-7:10-9:40
Resident Evil: Afterlife (STC) Stadium Seating Fri-Sun 1:20-3:50-7-9:30 Stadium Seating Mon-Thu 3:50-7-9:30

LOWER SACKVILLE

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760 Sackville Dr., Downsview Plaza
902-869-2022

The American (STC) Stadium Seating Fri 6:45-9:10 Stadium Seating Sat-Sun 1:30-3:50-6:45-9:10 Stadium Seating Mon-Thu 6:45-9:10
Despicable Me (G) Stadium Seating Sat-Sun 1:45-4
The Expendables (18) Stadium Seating Fri 6:50-9:15 Stadium Seating Sat-Sun 2-4:15-6:50-9:15 Stadium Seating Mon-Thu 6:50-9:15
Going the Distance (STC) Stadium Seating Fri 6:30-8:50 Stadium Seating Sat-Sun 1:50-4:10-6:30-8:50 Stadium Seating Mon-Thu 6:30-8:50
Machete (STC) Stadium Seating Fri 7:05-9:20 Stadium Seating Sat-Sun 2:15-4:30-7:05-9:20 Stadium Seating Mon-Thu 7:05-9:20
Resident Evil: Afterlife (STC) Stadium Seating Fri 7:10-9:25 Stadium Seating Sat-Sun 2:10-4:20-7:10-9:25 Stadium Seating Mon-Thu 7:10-9:25
The Switch (PG) Stadium Seating Fri 6:40-9 Stadium Seating Sat-Sun 1:40-4-6:40-9 Stadium Seating Mon-Thu 6:40-9
Takers (14) Stadium Seating Fri-Thu 7-9:25

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The American (STC) Dolby Stereo Digital, Stadium Seating Fri 1:30-4-6:30-9:15 Dolby Stereo Digital, Stadium Seating Sat-Sun 1:20-3:50-6:30-9:15 Dolby Stereo Digital, Stadium Seating Mon-Tue 1:30-4-6:30-9:15 Dolby Stereo Digital, Stadium Seating Wed 4-6:30-9:15 Dolby Stereo Digital, Stadium Seating Thu 1:30-4-6:30-9:15
Avatar: Special Edition 3D (STC) Dolby Stereo Digital, Stadium Seating Fri 2:30-7:25 Dolby Stereo Digital, Stadium Seating Sat-Sun 3:45-7:25 Dolby Stereo Digital, Stadium Seating Mon-Thu 2:30-7:15
Despicable Me 3D (G) Dolby Stereo Digital, Stadium Seating Fri 2:10 Dolby Stereo Digital, Stadium Seating Sat-Sun 1:15 Dolby Stereo Digital, Stadium Seating Mon-Thu 2:10
Eat Pray Love (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 2:30-6:15-9:20
The Expendables (18) Dolby Stereo Digital, Stadium Seating Fri 1:35-4:10-6:35-9:10 Dolby Stereo Digital, Stadium Seating Sat 6:35-9:10 Dolby Stereo Digital, Stadium Seating Sun 6:35-9 Dolby Stereo Digital, Stadium Seating Mon 1:35-4:10-6:35-9 Dolby Stereo Digital, Stadium Seating Tue 1:35-4:10-6:35-9:10 Dolby Stereo Digital, Stadium Seating Wed-Thu 1:35-4:10-6:35-9
Going the Distance (STC) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:40-4:20-6:50-9:30
The Last Exorcism (14) Dolby Stereo Digital, Stadium Seating Fri-Sat 2:20-4:40-6:45-9:05 Dolby Stereo Digital, Stadium Seating Sun-Mon 2:20-4:40-6:45-8:50 Dolby Stereo Digital, Stadium Seating Tue 2:20-4:40-6:45-9:05 Dolby Stereo Digital, Stadium Seating Wed-Thu 2:20-4:40-6:45-8:50
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Nanny McPhee Returns (G) Dolby Stereo Digital, Stadium Seating Fri 1:50-4:30-7:10 Dolby Stereo Digital, Stadium Seating Sat 1:25-4-7:10 Dolby Stereo Digital, Stadium Seating Sun-Thu 1:50-4:30-7:10
The Other Guys (14) Dolby Stereo Digital, Stadium Seating Fri-Thu 3:55-6:20-9
Resident Evil: Afterlife 3D (STC) No Passes, Dolby Stereo Digital, Stadium Seating Fri-Sat 2-4:35-7:15-9:45 No Passes, Dolby Stereo Digital, Stadium Seating Sun 2-4:35-7:15-9:40 No Passes, Dolby Stereo Digital, Stadium Seating Mon 2-4:45-7:20-9:40 No Passes, Dolby Stereo Digital, Stadium Seating Tue 2-4:45-7:20-9:45 No Passes, Dolby Stereo Digital, Stadium Seating Wed-Thu 2-4:45-7:20-9:40
Step Up 3 (STC) Dolby Stereo Digital, Stadium Seating Fri-Sat 9:45 Dolby Stereo Digital, Stadium Seating Sun-Mon 9:40 Dolby Stereo Digital, Stadium Seating Tue 9:45 Dolby Stereo Digital, Stadium Seating Wed-Thu 9:40
The Switch (PG) Dolby Stereo Digital, Stadium Seating Fri-Sat 2-4:25-6:50-9:25 Dolby Stereo Digital, Stadium Seating Sun 2-4:25-6:50-9:10 Dolby Stereo Digital, Stadium Seating Mon 1:55-4:25-6:50-9:10 Dolby Stereo Digital, Stadium Seating Tue 2-4:25-6:50-9:25 Dolby Stereo Digital, Stadium Seating Wed-Thu 1:55-4:25-6:50-9:10
Takers (14) Dolby Stereo Digital, Stadium Seating Fri-Wed 1:30-4:05-6:40-9:10 Dolby Stereo Digital, Stadium Seating Thu 1:30-4:05-9:10
Vampires Suck (STC) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:45

TRURO

TRURO
20 Treaty Trail, Millbrook
902-895-8020

The American (STC) Dolby Stereo Digital, Stadium Seating Fri 6:30-8:50 Dolby Stereo Digital, Stadium Seating Sat-Sun 3-6:30-8:50 Dolby Stereo Digital, Stadium Seating Mon-Thu 6:30-8:50
Despicable Me (G) Stadium Seating Sat-Sun 3:40
The Expendables (18) Dolby Stereo Digital, Stadium Seating Fri-Mon 6:35-9 Dolby Stereo Digital, Stadium Seating Tue-Thu 9
Going the Distance (STC) Stadium Seating, Dolby Stereo Digital Fri 7:05-9:25 Stadium Seating, Dolby Stereo Digital Sat-Sun 3:10-7:05-9:25 Stadium Seating, Dolby Stereo Digital Mon-Thu 7:05-9:25
The Last Exorcism (14) Dolby Stereo Digital, Stadium Seating Fri 7:10-9:30 Dolby Stereo Digital, Stadium Seating Sat-Sun 3:20-7:10-9:30 Dolby Stereo Digital, Stadium Seating Mon 7:10-9:30
Machete (STC) Dolby Stereo Digital, Stadium Seating Fri 7-9:20 Dolby Stereo Digital, Stadium Seating Sat-Sun 3:30-7-9:20 Dolby Stereo Digital, Stadium Seating Mon-Thu 7-9:20
Resident Evil: Afterlife (STC) Stadium Seating Fri 6:50-9:05 Stadium Seating Sat-Sun 3:15-6:50-9:05 Stadium Seating Mon-Thu 6:50-9:05
The Switch (PG) Stadium Seating, Dolby Stereo Digital Fri 6:40-9:15 Stadium Seating, Dolby Stereo Digital Sat-Sun 3:25-6:40-9:15 Stadium Seating, Dolby Stereo Digital Mon 6:40-9:15 Stadium Seating, Dolby Stereo Digital Tue-Thu 6:40

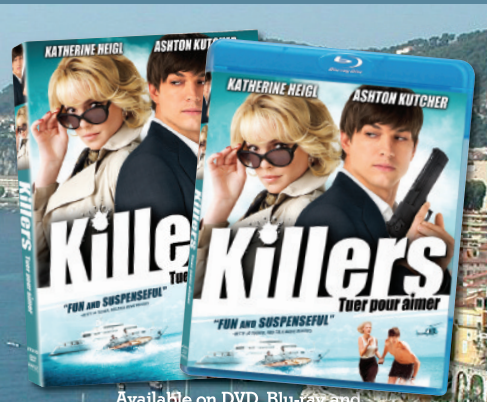
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The American (STC) Fri 6:50-9:20 Sat 3:10-6:50-9:20 Sun 3:10-6:05-8:35 Mon-Thu 6:05-8:35
Despicable Me (G) Sat-Sun 2:45
The Expendables (18) Fri-Sat 7:05-9:35 Sun-Thu 6:20-8:50
Going the Distance (STC) No Passes Fri 6:30-8:55 No Passes Sat 3:20-6:30-8:55 No Passes Sun 3:20-5:45-8:10 Mon-Thu 5:45-8:10
The Last Exorcism (14) Fri 7:15-9:25 Sat 3-7:15-9:25 Sun 3-6:30-8:40 Mon-Thu 6:30-8:40
Machete (STC) Fri 7-9:30 Sat 2:50-7-9:30 Sun 2:50-6:15-8:45 Mon-Thu 6:15-8:45
Resident Evil: Afterlife (STC) Fri 7:20-9:40 Sat 2:55-7:20-9:40 Sun 2:55-6:35-8:55 Mon-Thu 6:35-8:55
The Switch (PG) Fri 6:45-9:10 Sat 3:05-6:45-9:10 Sun 3:05-6-8:25 Mon-Thu 6-8:25

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7th heaven



Prince of Persia: The Sands of Time

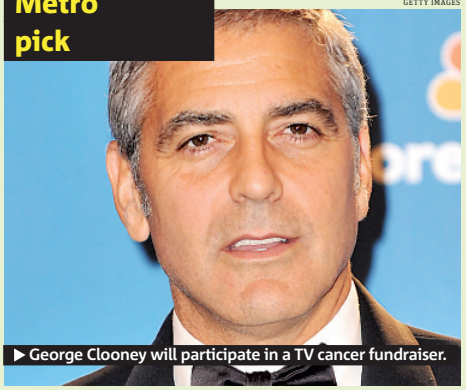
DVD
Jake Gyllenhaal's sword-and-sandal film adaption of the popular video game hits store shelves on Tuesday. Bonuses on the Prince of Persia: The Sands of Time DVD include An Unseen World: Making Prince Of Persia, while the Blu-ray allows you to take control of a magic dagger and unlock the secrets to some of the action scenes and special effects.

X-Factor

SINGING
What a week on the British TV show. A nervous-but-talented Cher Lloyd wowed judges — including Simon Cowell — with her rendition of Turn My Swag On. Meanwhile, it was a fight that erupted between duo Ablisa (A.K.A. Abby and Lisa) after their less than stellar performance. Visit metronews.ca/scene to see both auditions.

Metro pick

GETTY IMAGES



George Clooney will participate in a TV cancer fundraiser.

Stand Up To Cancer

Benefit
The stars have aligned for another TV fundraiser, this time for cancer. The benefit, which will air on all major Canadian and U.S. networks on Friday night, will feature George Clooney, Will Smith, Renee Zellweger and others in a bid to raise funds for cancer research. METRO



Willow Smith

Celeb
Look's like there's a new princess on the block. Willow Smith, the nine-year-old daughter of Will and Jada Pinkett Smith has a has signed a deal with Jay-Z's label, Roc Nation. The Associated Press reports. Her first song was released this week. It's called Whip My Hair.

Gals as guys

MOVIES
Angelina Jolie's turn as a man in her new film Salt had The Telegraph in the U.K. taking a look at women-turned-men film roles. The fun includes Drew Barrymore and Cameron Diaz in Charlie's Angels, Hilary Swank in Boys Don't Cry, Cate Blanchett as Bob Dylan in I'm Not There, and Julie Andrew in Victor Victoria.



America's Got Talent

TV
Someone is about to be $1 million richer. After a season that included actress Gabourey Sidibe's mom as a contestant, America's Got Talent is set to announce its winner next week. Those in the running for the prize are 30-year-old crooner Michael Grimm, over-the-top 32-year-old showman John "Prince Poppycock" Quale, 10-year-old opera phenom Jackie Evancho and the 13-man performance troupe Fighting Gravity.

OMD! OMG

MUSIC
After a decade-and-a-half without new material, Orchestral Manoeuvres in the Dark (OMD) is releasing a new album on Sept. 28. The synth-pop pioneers, who appeared on the soundtracks to a number of '80s films, have sold millions of records of their previous albums. METRO

Mix of Six

Sports

QMJHL Hockey
When: Friday and Saturday, 7 p.m.
Where: Halifax Metro Centre
In what seems like forever, the Halifax Mooseheads will finally open a new regular season on home ice. The Cape Breton Screaming Eagles come to town on Friday, followed the next night by the Bathurst Titan. Adult tickets are $15.75.

Show

Nova Scotia International Air Show
When: Saturday and Sunday
Where: Shearwater
This two-day event is landing back in Shearwater for the first time since 2003 and will feature fan favourites such as a giant C177 Globemasternand a USN Super Hornet. Tickets are $20 for adults, $15 for youth and seniors and free for kids under six. Learn more at nsairshow.ca.

Music

Hopscotch Urban Arts Festival Presents Hopscotch
When: Saturday,
Where: Halifax Grand Parade, 7 p.m.
This eight-day hip hop extravaganza goes out with a real bang as local rapper Classified headlines a show in the city's downtown core. The concert will also feature all elements of hip hop, and no doubt a few unexpected surprises. The show is open to all audiences and is free of charge.

Racing

Parts for Trucks 200
When: Saturday, 4 p.m.
Where: Scotia Speedworld
In what is the final race of the Carquest Maritime Pro Stock Tour season, all of the Maritimes best race car drivers will take to the Speedworld oval in hopes of taking the checkered flag. The season's points title is also up for grabs. Adult tickets are $30.

Concert

Beatlemania
When: Friday, 8 p.m.
Where: The Schooner Room, Casino Nova Scotia
If you love the Beatles, this is a can't miss show. The show employs authentic "Beatle" instruments, amplifiers, and costumes, coupled with the group's classic hits to make you feel you're watching the group in present day. Tickets are $59.

Animals

Halifax Reptile Expo
When: Sunday, 11 a.m. to 5 p.m.
Where: McInnes Room, Dalhousie Student Union Building
You can stop by to purchase a new reptilian pet or obtain information on an exotic species. The event also has all types of stock needed to call one of these reptiles your own pet. Admission is $5 adults and $2 children ages 14



Music videos make a comeback on the Web

Music blogs and social media help spread word about innovative videos

It wasn't long ago that the music video was on life support.

MTV — which will hold its 27th annual Video Music Awards on Sunday — phased out videos in favour of reality programming and other shows that attracted better ratings. At the same time, the music industry was collapsing and slashed budgets no longer had room for elaborate clips.

But recently, the music video has had a revival. Watching music videos has become a central aspect of Internet usage. Music blogs and social media have greased the channels, facilitating the quick, easy spreading of videos, especially those with arresting or controversial visuals. People even buy clips on iTunes.

Lady Gaga and Beyonce go on a scantily clad murderous rampage with the nearly 10-minute Telephone; MGMT wanders through the desert with a digitally created creature in Congratulation"; Erykah Badu strips while strolling the path of President John Kennedy assassination in Window Seat; MIA depicts a war on terror against redheads in Born Free.

All of these videos exploded on the Internet and became water-cooler moments. Cee Lo's recent and unprintable hit (titled Forget You for radio) went viral with a video of only its lyrics. And Beyonce's Single Ladies (Put A Ring On It) became so iconic is spawned countless imitators and even had then President-elect Barack Obama imitating the hand choreography.

"We're entering another golden era for music videos," says Saul Austerlitz, the author of "Money for Nothing: A History of the Music Video from the Beatles to the White Stripes."

"They've become part of the cultural discourse again in a way that's reminiscent of the heyday of the music video, from the early '80s to the mid '90s."

Today's audiences can be enormous. Shakira, who last year debuted a music video on Facebook, was "blown away" when her video for the official song of the World Cup, Waka Waka (This One's for Africa) — a colorful mix of dancing and soccer star cameos — was nearing 100 million views on YouTube.

"It can take on a life of its own online," says Shakira. "And it inspires us artists to be even more creative. With access to so many videos, we need to challenge ourselves to surprise our fans."

The video, which was distributed by the music video and live music website Vevo, has gone on to be watched by more than 173 million people, good enough for the fourth most-viewed video ever on YouTube.

"If it wasn't for YouTube, the online video space would not be where it is today," says David Kohl, executive vice-president of sales and customer operations at the Sony and Universal co-owned Vevo.

THE ASSOCIATED PRESS

Comeback kid

Four of the five most-viewed clips on YouTube are music videos released in the last year. (Justin Bieber and Lady Gaga top the charts.) Though that's partly because Vevo (which shares a small percentage of advertising revenue with YouTube) tabulates view counts across platforms, it's still a striking example of the music video's dramatic comeback. It's a long way beyond the novelty videos of OK Go that followed YouTube's debut in 2005.

INTERSCOPE RECORDS/HEDI SLIMANE/ASSOCIATED PRESS



▶ Lady Gaga, pictured, and Beyonce go on a scantily clad murderous rampage with the nearly 10-minute Telephone.

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Sizzling Sesame-Shrimp Noodles

PREP TIME: 15 MIN. ➤ TOTAL TIME: 15 MIN.
➤ MAKES: 4 SERVINGS, 2 CUPS (500 ML) EACH.

What You Need
225 g whole wheat spaghetti, uncooked
5 Tbsp. *Kraft Signature Asian Sesame Dressing*, divided
1 lb. (450 g) uncooked deveined peeled large shrimp
3 cloves garlic, minced
1 Tbsp. sesame seed
4 cups frozen Asian-style stir-fry vegetables, thawed
2 Tbsp. lite soy sauce

Make it
COOK spaghetti as directed on package, omitting salt.
MEANWHILE heat 2 Tbsp. dressing in large skillet on medium-high heat. Add shrimp, garlic and sesame seed; stir-fry 3 min. or until shrimp turn pink. Add vegetables, soy sauce and remaining dressing; stir-fry 3 min. or until vegetables are heated through. Remove from heat.
DRAIN spaghetti; place on platter. Top with shrimp mixture.

Nutrition Information
420 calories, 10g total fat, 2.0 g saturated fat, 220mg cholesterol, 870mg sodium, 51g carbohydrate, 7g dietary fibre, 9g sugars, 34g protein, 4%DV vitamin A, 60%DV vitamin C, 10%DV calcium, 40%DV iron.
Diabetes Food Choices 2.5 Carbohydrates, 3 Meat & Alternatives, 1 Fats

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7 Adam Lambert - If I Had You
6 Enrique Iglesias ft Pitbull - I Like It
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4 Hedley - Hands Up
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STRONG FALL RELEASES

Sound Check

ALAN CROSS

SCENE@METRONEWS.CA



With CD sales lagging behind last year by at least 12 per cent, the music industry is hoping that a parade of big-name releases will mitigate some of the damage. The fourth quarter is always make-or-break time. Here's some of what we can expect this month:

Interpol/Interpol (Out now): Dark hipster band from New York releases their fourth album and loses bass player Carlos Dengler. No one is saying why.

Stone Sour/Audio Secrecy (Out now): Slipknot frontman Corey Taylor reconvenes his original band (he was in Stone Sour for five years before joined Slipknot) to record a third album. And given that Slipknot's future is still in doubt after the death of bass player Paul Gray, this may become Corey's full-time gig.

Bachman & Turner/Bachman & Turner (Out now): BTO in everything but name. I saw them perform at the High Voltage Festival in the UK back in July. They still got it. Fred Turner's still got that growl.

Brandon Flowers/Flamingo (Tuesday): While the rest of the Killers are feeling burned out after five years of constant work, their singer seems content to keep on keeping on. Production credits include Brendan O'Brien and Daniel Lanois.

Linkin Park/A Thousand Sun (Tuesday): This is just the band's fourth proper studio album since 1996 and is once again a co-production between Mike Shinoda and guru Rick Rubin. The last record, Minutes to Midnight, went platinum in 16 countries and gold in seven others. Their label, Warner, has a lot riding on this one.

Weezer/Hurley (Tuesday): Since their Ratitude album came out last November, Weezer has been touring, releasing special tracks and recording new material. Hurley—yes, it's named after the Lost character (the cover is a picture of actor Jorge Garcia)—will be the second studio album from Weezer in just 315 days.

Robert Plant/Band of Joy (Tuesday): Plant and drummer John Bonhan were in a group called Band of Joy before they were recruited by Jimmy Page for Led Zeppelin. The name was resurrected with Plant out front from 1977 with only one other original member. This time around, Plant's the only alumnus.



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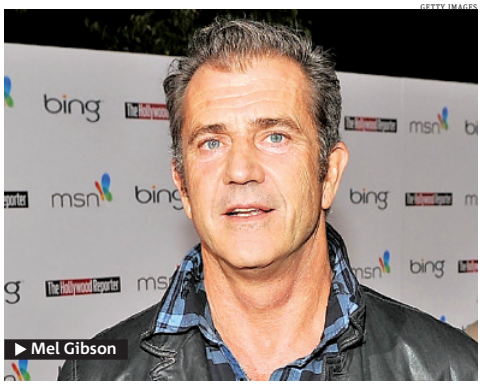


†Event subject to change. See ClubStellaArtois.com for up-to-date listings. Entrance subject to capacity. Must be legal drinking age to enter. TM/MC InBev NV/SA.

Investigation moves ahead in Gibson case

Assault and blackmail cases in hands of L.A. district attorney: Source

GETTY IMAGES



▶ Mel Gibson

Mel Gibson's blackmail case against ex-girlfriend Oksana Grigorieva is moving forward along with her case claiming he assaulted her, according to Radar Online.

"The Oksana Grigorieva investigation was turned over to the Los Angeles District Attorney around the same time that Mel Gibson's case was turned over," a source says.

"A decision will then be made about what charges, if any, will be filed. That will take place within the next two-three weeks, pending possible further inquiries that the District Attorney's office has for law enforcement or other witnesses." METRO

A decision will then be made about what charges, if any, will be filed. That will take place within the next two-three weeks"
L.A. SOURCE

Lily expecting a boy

Lily Allen and Sam Cooper are looking forward to the birth of their first child, expected in February, and now pals of the singer are saying it's going to be a boy.

"Lily said she found out from a scan she is having a boy. She is really excited and can't wait to give birth," a source tells the Sun.

"She is always asking other mums about their pregnancies."

As for Allen, she says she's been having a tough time adjusting to being pregnant and it's starting to wear on her.

"The past few months have been a bit tough because I've been sick and stuff, but now everything's fine, because I've discovered soups are the cure to my morning sickness," she tells the Daily Mirror.

METRO

GETTY IMAGES


▶ Lily Allen and Sam Cooper


▶ Michael Douglas

Douglas really enjoying his life

Michael Douglas is taking his battle with throat cancer in stride, and he credits his love of sports for his good spirits, saying that cancer "couldn't have picked a better time" at a press conference for Wall Street: Money Never Sleeps.

"Tennis has never been better, college football just started and it's been a great weekend of college football," Douglas says of his current time.

"I've got a Monday-night game coming up with the Jets, so sports looks really good."

METRO

Talking points

Susan Boyle reduced to tears

SHE IS ALSO, APPARENTLY, BEEN REDUCED TO APPEARING ON SPIN OFF SHOWS Susan Boyle reportedly fled Los Angeles in tears after being denied permission by Lou Reed to perform his song, a Perfect Day, on America's Got Talent, according to TMZ.

Sources say Reed turned down the request because he isn't a fan of Boyle.

When the British singer got word, she broke down crying and was soon seen heading to LAX to get a flight back to London.

METRO

Bring on the couch jumping

BUT DO WE REALLY NEED TO HEAR ANOTHER CELEB POUR THEIR HEART OUT ABOUT AN EXPENSIVE DRUG ADDICTION? Lindsay Lohan was expected to tape her first post-rehab interview for the Today show, but sources say the troubled actress is now in talks with Oprah Winfrey to appear on her show instead.

"Things are heating up in a good way," a source tells Radar Online.

"Definitely some good conversations. We're crossing our fingers it works out for Oprah's last season."

Lohan's people are keeping mum on the topic, saying only, "Several entities are being considered, and no decision has been made and won't be for a while."

METRO



Celebrity tweets



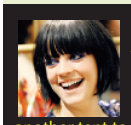
Jessica Alba [@jessicaalba] Mornin ya'll already hit the gym eatin gluten free bfast tacos... Anyone else tryin to get healthy? I could use some allies :)



David Archuleta [@DavidArchie] K I want to know who was patient enough to figure out how to fold dollars into shapes of animals and stuff.



Lance Bass [@LanceBass] Mortified! I just ripped a huge hole in my pants bending down to pick up a bag- in front of the whole plane! Fun walk to baggage claim : (



Lily Allen [@lilyroseallen] *looks for another tent to wear*

METRO



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3 life

Super Food

Coconuts

Coconuts are one of the most versatile super foods. According to raw food nutritionist Christina Agnew, coconut water is nature's very own sports drink. Low in calories, the water is loaded with electrolytes such as potassium. Agnew's advice is to go for the young green coconuts rather than the brown for their sweeter taste. Coconut oil, or butter, is made up of medium chain fatty acids, and more likely to be used as an energy source than to be stored as fat.
ROMINA MCGUINESS

ScanLife

Need to bounce back from big workout? Experts say milk better than sports drinks. Scan code for news

THE ASSOCIATED PRESS PHOTO



▶ The Lola Burger from Food Network Iron Chef Michael Symon.

Iron Chef makes moist burgers

Food Network Iron Chef Michael Symon presents his Lola burger, a super-moist burger made from three grinds of beef and topped with pickled red onions, cheddar cheese and a spicy ketchup — all nestled in a toasted English muffin.

Preparation:

Spicy Ketchup

1. In a 2-l saucepan over medium heat, combine onion, garlic and oil. Saute for about 5 minutes or until just beginning to colour.
2. Add brown sugar, cumin seeds and cinnamon stick. Cook for another 2 minutes.
3. Add both peppers, tomato paste and vinegar. Simmer for 10 minutes, stirring frequently.
4. Add water and return to a simmer.
5. Pour through a mesh strainer to remove any solids. Set aside to cool. Makes 250 ml.

Pickled Red Onions

1. In a small saucepan over high heat, combine water, vinegar, sugar, coriander, peppercorns, red pepper flakes and garlic. Bring to a boil, then reduce heat and simmer for 15 minutes.
2. Arrange sliced onion in a medium bowl. Pour liquid through a mesh strainer and into the bowl of onion slices, discarding solids in strainer.
3. Cover and refrigerate for at least 48 hours or (for best results) up to 2 weeks. Makes 125 ml (1/2 cup) pickles.

The Lola Burger

1. If you have trouble finding beef cheek, substitute an equal amount of ground sirloin.
2. In a medium bowl, combine brisket, beef cheek and sirloin. Divide meat into quarters and form into patties. Season with salt and pepper.
3. Heat a grill to medium-high.
4. Place burgers on grill and cook for 3 minutes per side for medium-rare. After flipping, top each burger with a slice of cheese.
5. Place each burger on a muffin half and top with cucumber slices, pickled red onion, an egg, 2 slices of bacon and spicy ketchup. Makes 4 servings. THE ASSOCIATED PRESS

Ingredients :

Spicy Ketchup
- 30 ml minced yellow onion, minced
- 1 large clove garlic, chopped
- 10 ml canola oil
- 30 ml brown sugar
- 10 ml cumin seeds
- 2.5-cm piece cinnamon stick
- 3 cayenne peppers, minced
- 1 chipotle pepper in adobo sauce
- 1 can tomato paste
- 30 ml cider vinegar
- 250 ml water

Pickled Red Onions
- 125 ml water
- 50 ml white vinegar
- 50 ml sugar
- 5 ml whole coriander seeds
- 5 ml black peppercorns
- 5 ml red pepper flakes
- 1 clove garlic
- 1 large red onion, thinly sliced

The Lola Burger
- If you have trouble finding beef cheek, substitute an equal amount of ground sirloin.
- 250 g ground beef brisket
- 250 g ground beef cheek
- 250 g ground sirloin
- Kosher salt and cracked black pepper, to taste
- 4 thin slices cheddar cheese
- 4 English muffins, toasted
- 1 English cucumber, thinly sliced
- Pickled red onion
- 4 eggs, cooked over-easy
- 8 slices bacon, cooked until crispy
- Spicy ketchup

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Celebrating the harvest

Lynn Ogryzlo's heart and soul are in the region of Niagara, particularly in its bountiful harvest

It is not surprising that as a food writer Lynn Ogryzlo is intrigued with the growers who toil to bring some of the country's prized locally grown fruits and vegetables to markets and the individual farm stands often located at the end of their driveways.

"Eating locally is about more than food," she says. "It's about knowing the people who grow it."

Travelling the country roads, she met the growers of everything from heritage tomatoes to Sicilian eggplant and the region's famous peaches. It was her quest to capture the reason these farmers share their produce.

The result is Niagara Cooks II, A Seasonal Attitude, second of a series, with stunning photos by Ogryzlo's husband Jon (Epulum Books, $24.95, paperback).

This cookbook was preceded by Niagara Cooks, From Farm to Table.

Her message in the latest book is about eating locally through the seasons.

"When you eat seasonally, you have the opportunity to get to food closer to where it grows," Ogryzlo explains.

"Notice how we crave the first asparagus of spring, the greens for salads in summer and savoury flavours of corn and tomatoes in August and root vegetables with a roast in winter?

"When we crave these different seasonal foods Mother Nature is right there when we want her."

Niagara Cooks II has menus for all the seasons and includes profiles of growers and their families. It celebrates the influences of the burgeoning Niagara wine industry and local cheese artisans.

Autumn is just around the corner, and fresh eggplants are in abundance at farmers' markets. Here from Niagara Cooks II is Ogryzlo's unique recipe using this versatile vegetable.

"Notice how we crave the first asparagus of spring, the greens for salads in summer, savoury flavours of corn and tomatoes in August and root vegetables in winter? When we crave these different seasonal foods Mother Nature is right there when we want her."
LYNN OGRYZLO

Preparation:

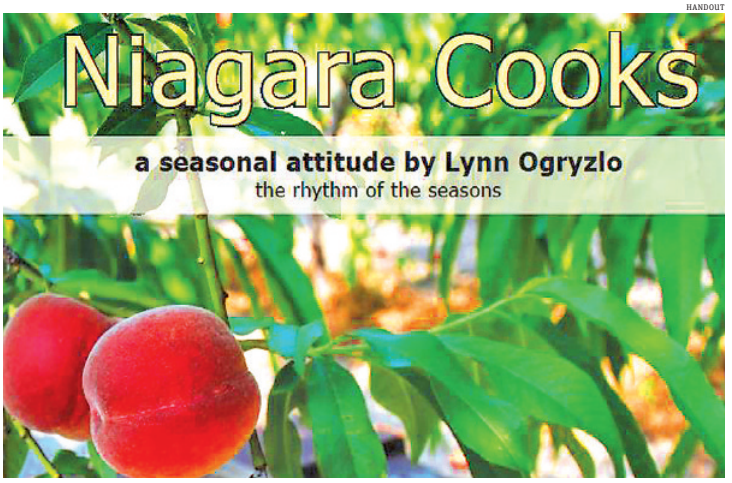
Potted Eggplant

1. Toss eggplant with 10 ml (2 tsp) salt in a colander set over a bowl. Let it drain for 30 minutes.
2. Meanwhile, in a saucepan, warm tomatoes with hot pepper flakes, garlic and basil.
3. Simmer lightly for 10 minutes and season with salt and pepper. Remove from heat and puree.

Ingredients :

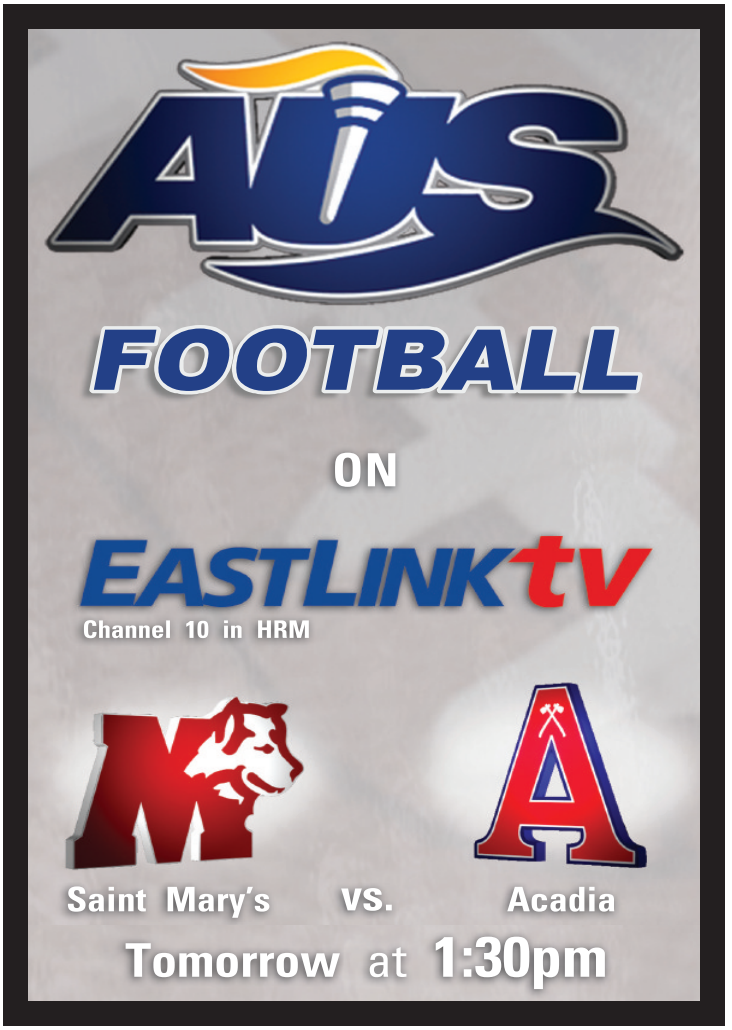
- 2 small eggplant, cut crosswise into 1-cm (1/2-inch) thick rounds
- Salt
- 375 ml (1 1/2 cups) diced tomatoes
- 1 ml (1/4 tsp) dried red hot pepper flakes
- 2 large garlic cloves, finely chopped
- 20 fresh basil leaves, torn in half
- 50 ml (1/4 cup) canola oil
- 1 garlic clove
- 150 ml (2/3 cup) Parmesan cheese
- 250 ml (1 cup) mozzarella, shredded

HANDOUT



4. Preheat oven to 180 C (350 F). Rinse eggplant well and pat dry with paper towels. In a small food processor, place oil and garlic cloves and pulse until garlic is minced.
5. Lay eggplant slices on a baking sheet and baste with garlic oil. Bake for 5 minutes, turn slices over and baste with garlic oil. Bake for an additional 5 minutes and remove from oven.
6. Spoon tomato sauce into the bottom of each of 6 ramekins and swirl them to coat the bottom. Layer eggplant, tomato sauce and cheeses equally until all ingredients are finished, ending with a top layer of Parmesan. Bake, uncovered, until cheese is melted and golden and sauce is bubbling, 35 to 40 minutes. THE CANADIAN PRESS





4 sports

Hockey

David Brine
The former Halifax Mooseheads captain has signed an American Hockey League contract with the San Antonio Rampage. He previously spent four years in the Florida Panthers organization and played nine NHL games in 2007-08.





Paul Dimitruk
Cut from the Halifax Mooseheads last month, the 20-year-old American has landed on a junior A roster with the Maritime Junior Hockey League's Bridgewater Lumberjacks.

The lighter the better?

P.E.I. Rocket's Duffy reported to camp 22 pounds lighter than a year ago ◐ Lower Sackville native seeing on-ice benefits of his new physique



MATTHEW WUEST
@METRONEWS.CA

It looks like less will mean more for Lower Sackville's Ben Duffy.

The five-foot-11 P.E.I. Rocket centre reported to training camp 22 pounds lighter than he did a year ago and was one of the QMJHL's top pre-season scorers with four goals and two assists in five games.

In an effort to get picked in the NHL draft, Duffy bulked up to almost 190 pounds last season and watched his rookie point total of 41 in 2008-09 drop to 27 as a sophomore in 2009-10.

"He lost a lot of speed due to that — he was very, very big with a lot of muscle mass," said Rocket general manager Serge Savard Jr., who drafted Duffy fifth overall in 2008.

"He didn't need to do that — it wasn't the right kind of training for him."

Duffy, a former major midget star with both the Halifax McDonald's and Dartmouth Subways, fell off the map with last season's struggles and wasn't selected in June's NHL draft.

"It's not too late. He's got to show he's got the quickness, but the hands and the vision, we all know he has that."
P.E.I. ROCKET GM SERGE SAVARD JR., ON BEN DUFFY'S NHL CHANCES.

Now that Duffy has slimmed down to 165 pounds, Savard said he is once again showing the quickness that could still make him a QMJHL star.

"He's very, very lean, he's got his skating back, he's very quick on the puck," Savard said. "We're expecting good things from him this season."

RYAN TAPLIN/METRO HALIFAX



▶ P.E.I. Rocket forward Ben Duffy.

Homegrown in Halifax area

Following are the Halifax-area products among the 33 Nova Scotians on QMJHL season-opening rosters:

- F Taylor Burke, Halifax (Gatineau); F Gerrad Grant, Halifax (Halifax); G Peter Delmas, Bedford (Halifax); D Ian Saab, Halifax (Lewiston); F Cole Hawes, Tangier (Lewiston); F Alex Zafiris, Halifax (Lewiston); F Ryan Penny, Fall River (Moncton)
- F Andrew Roski, Halifax (Moncton); F Michael Clarke, Halifax (Montreal); F Ben Duffy, Lower Sackville (P.E.I.); F Kyle Campbell, Lantz (Quebec); D Brendan Duke, Cole Harbour (Quebec); F Liam O'Brien, Halifax (Rimouski); D Christian Morin, Dartmouth (Saint John); F Stephen MacAulay, Cole Harbour (Saint John); F Steven Anthony, Halifax (Saint John); F Mitchell Maynard, Halifax (Shawinigan).

Tucker, Turple are close

The Carquest Maritime Pro Stock Tour will crown its champion on Saturday night at Scotia Speedworld near the Halifax airport.

Six drivers are still mathematically in the hunt entering the season-ending Parts For Trucks 200, with Fredericton's Shawn Tucker leading the way with 1,965 points.

Enfield's Shawn Turple, the defending champion, is nipping at Tucker's heels with 1,949 points, while Wayne Smith of Timberlea is next with 1,936 points.

METRO HALIFAX

Sports in brief

Corbeil cracks bone in wrist

QMJHL. Halifax Mooseheads goaltender Mathieu Corbeil has cracked a bone in his left wrist and will be out seven to 10 days. The 19-year-old joined the Columbus Blue Jackets this week for an NHL prospects tournament in Traverse City, Mich., but will now be forced to watch from the sidelines.

Marauders to open season

HOCKEY. The Metro Marauders open the Maritime Junior Hockey League season on Friday night at the Dartmouth Sportsplex. The Marauders, previously known as the Halifax Lions, host the Truro Bearcats at 7 p.m.

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Field of Play

SCOTT RUSSELL



BACK TO SCHOOL, BACK TO SPORT

Now that summer is unofficially over — it's time to get back to school.

For kids and grownups alike, the return to the serious season of academics and work delivers butterflies to the stomach, a nervousness that just can't be escaped as the carefree days of vacation evaporate.

But the field of play is there to ease the pain.

At universities, colleges, and elementary and high schools across Canada, practices have begun in earnest.

Gym teachers and coaches are putting in the extra hours to entice students to spend a little more time beyond the classroom.

Let's hope they continue to succeed.

The cross-country runners, the field hockey players and the football teams are evidence that sport goes hand in hand with learning.

Somehow sport has always made hitting the books a little more tolerable.

It's long been a comfort to believe that at Canadian institutions, student-athletes under the guidance of wise and qualified educators have been allowed to prevail.

Many members of a certain generation recall the coaches and phys-ed instructors they encountered as the ones who had the most significant and lasting influence on their lives.

They demanded attendance at early morning training sessions, fostered fierce competition and pushed bodies to exhaustion.

They required discipline.

But those teachers also volunteered their time and took an interest in the results.

For most of them, success in the classroom and on the turf were not exclusive of each other but rather a necessary partnership.

It's disquieting to see physical education programs at many schools dismantled because they are no longer considered part of the core curriculum. Worse still is the creeping professionalism of university athletics where the stakes are too high.

"Many members of a certain generation recall the coaches and phys-ed instructors they encountered as the ones who had the most significant and lasting influence on their lives."

This has led to violence and cheating.

That HGH, (human growth hormone) should be employed by a Canadian university athlete is a dark sign indeed.

It means we're on the road to missing the point.

Joseph O'Neill in his remarkable novel, Netherland, written about cricket in New York City, calls sport "a fantastically important part of culture."

"It is a way of perpetuating the world of childhood and creating a sort of refuge," O'Neill goes on to say.

That kind of sentiment rings true at this time of year, as we all go back to school and learn that sport has a unique and lasting value unto itself.

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Nadal reaches U.S. Open semifinal

Top-seeded Rafael Nadal put a slow start behind him, dealt well with the wind and beat No. 8 Fernando Verdasco 7-5, 6-3, 6-4 Thursday night in the first all-Spanish quarter-final in U.S. Open history.

Nadal's streak of 62 consecutive holds of serve to start the tournament ended in the match's third game, when Verdasco broke him at love to go ahead 2-1.

But Nadal broke back to get to 4-all, thanks to Verdasco's two double-faults in a row, and was on his way to a third consecutive semifinal at Flushing Meadows.

Nadal, trying to complete a career Grand Slam by winning the U.S. Open for the first time, will face No. 12 Mikhail Youzhny of Russia on Saturday.

The 12th-seeded Youzhny hit fewer aces and fewer winners, needed treatment on his right foot in the fifth set — and still managed to come back and beat 25th-seeded Stanislas Wawrinka of Switzerland 3-6, 7-6 (7), 3-6, 6-3, 6-3 in four hours Thursday.

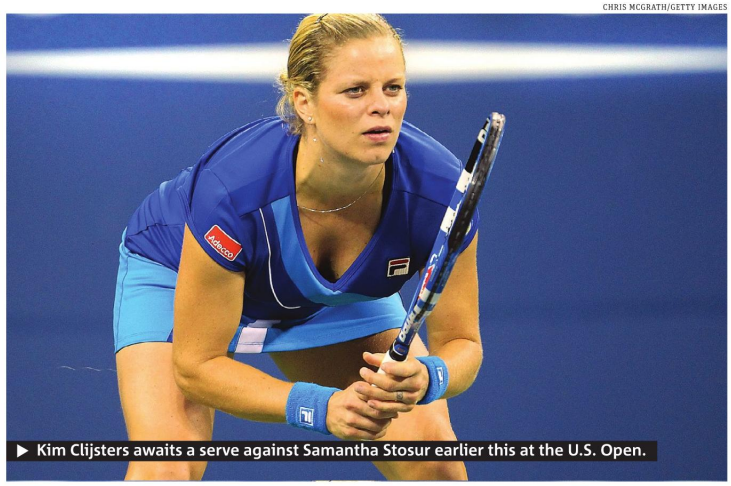
"Maybe I was just a bit luckier than him," Youzhny said.

THE ASSOCIATED PRESS

Clijsters set for battle

She'll play Venus on Friday with the winner moving on to U.S. Open final

CHRIS MCGRATH/GETTY IMAGES



Kim Clijsters awaits a serve against Samantha Stosur earlier this at the U.S. Open.

Whether it's starting a family or starting a business, Kim Clijsters and Venus Williams have figured out how to make life about more than hitting a fuzzy yellow ball.

As for that tennis part — well, things are going pretty well there, too.

In the featured semifinal at the U.S. Open Friday, Clijsters tries to stay on track for her second straight title after a 2 ½-year layoff during which she got married and had a baby girl, Jada.

Not a bad second act.

The 27-year-old Belgian is trying to become the first woman to go back-to-back at Flushing Meadows since Williams did it in 2000-01.

No woman has had a nine-year gap in between titles at the U.S. Open. The fact that Williams has a chance could be proof that diversification in life — she's been both praised and criticized for business interests that keep her away from the court — has kept the seven-time major winner fresh at the "old" age of 30.

There have been injuries mixed in there as well, including a twisted left kneecap that kept her from practising in the lead-up to this year's U.S. Open.

"I think, obviously, the way that she's been playing and the way that she has mentally looked, I think it's maybe even been good for her to have been away for that long," Clijsters said. "Because she looks more hungry than ever."

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Only 4 remain

- The winner of No. 2 Clijsters vs. No. 3 Williams will play for the title against either No. 1 Caroline Wozniacki or No. 7 Vera Zvonareva.

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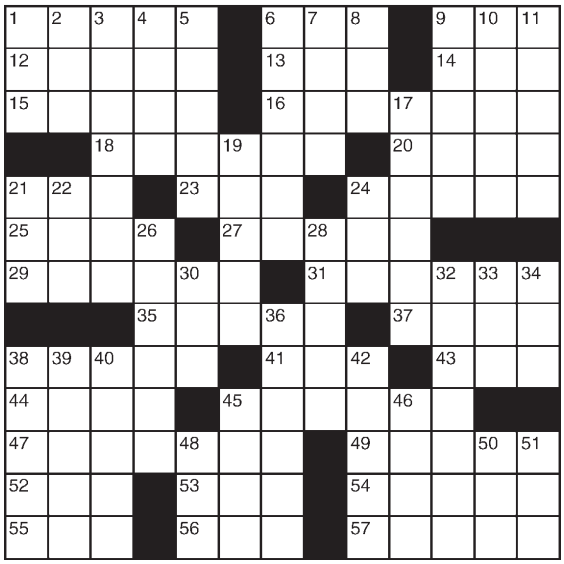
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Crossword



Across

1 1865 villain
6 "Bow-wow!"
9 Muppet eagle
12 Flaxlike fiber
13 Bill's partner
14 Rd.
15 Sports venue
16 Snickers bar component
18 Epistle
20 Aching
21 Microbrewery product
23 Scuttle
24 Aspect
25 Maze option
27 When pigs fly
29 Prayer beads
31 Geronimo was one
35 Twangy
37 Primary
38 Critter
41 Massage
43 Sra., across the Pyrenees
44 Therefore
45 Barbara Bush's maiden name
47 Glossy coats
49 Relieve
52 Healthy
53 Doctor's due
54 Weeper of myth
55 Witness
56 "The Joy Luck Club" author
57 Loves too much, maybe

Down

1 Support system?
2 Scull tool
3 Brunch entrees
4 Prong
5 Moor
6 Give consent (to)
7 Bellow
8 In favor of
9 Pago Pago's place
10 States with conviction
11 Big brouhaha
17 Guru's retreat
19 Stage statuary
21 Spring mo.
22 "7 Faces of Dr. —"
24 Energy
26 Two-wheeled carriage
28 Worth
30 Snitch
32 The JFK administration, metaphorically
33 That guy
34 Away from WSW
36 Up
38 Complaints
39 Bert's pal
40 Shooting marble
42 Cattle ranch ID
45 Entreaty
46 Advertising award
48 Salamander
50 Rushmore face
51 "Of course"

▶ Yesterday's answer

S	L	A	T		P	E	G		O	P	E	D
T	A	X	I		A	L	L		P	A	P	A
A	M	I	D		R	I	O		E	R	I	N
B	A	L	B	O	A		M	E	N	A	C	E
			I	N	K			Y	E	N		
S	E	P	T		E	M	P	E	R	O	R	S
O	V	A			E	T	A			I	O	U
D	A	R	K	S	T	A	R		P	A	W	N
		A	N	I			A	D	O			
A	L	B	I	N	O		L	O	U	N	G	E
G	O	O	F		N	I	L		N	O	O	K
A	B	L	E		E	R	A		C	O	L	E
R	E	A	D		S	E	X		E	N	D	S

Sudoku

	7				8	9	5	
		4					2	7
				6		1		8
			4	5				9
	5						7	
4				3	2			
5		3		7				
1	8					7		
	2	6	5				4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	2	8	3	1	6	4	7	5
3	7	5	2	4	8	6	1	9
4	6	1	9	7	5	8	2	3
7	4	3	6	8	1	9	5	2
2	5	6	7	9	4	1	3	8
1	8	9	5	2	3	7	4	6
6	9	2	1	3	7	5	8	4
8	3	7	4	5	9	2	6	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To Margie, I think we're alone now. There doesn't seem to be anyone around. Hoping you're not working too hard today, and you come home early so we can spend the whole weekend together! Can't wait!
YOUR NORM, XOX

EB, As the years go by, I stop and think about all of the memories we've made and the good times we've shared as friends. Now that we are together the love between us just keeps growing. I'm so happy I took this chance on you, because now I know what love is — it's us.
YOUR BABY

Mr. Carson! Since hollering from rooftops is soo last season, I just wanted to say I lub ya, ya big lug. Simply cannot wait to see you again, babydaddy!
MUAH, SCOTTIE

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The truth must never be denied, so if you learn something that is a little uncomfortable today make an effort to look at it squarely and honestly.

♉ Taurus April 21-May 21 Keep things simple and refuse to be rushed. Certain situations will get a little bit complicated today and you will only be able to deal with them effectively if you keep your head. You'll be one of the very few who do.

♊ Gemini May 22-June 21 You may not be able to explain why you distrust someone but your instincts rarely let you down, so don't ignore them. Neptune, planet of illusion, is strong in your chart over the next 24 hours, so watch out for trickery.

♋ Cancer June 22-July 22 You may want to pretend that you cannot see what is going on in front of your eyes but you will have to say something about it sooner or later. You are right to be offended.

♌ Leo July 23-Aug.23 The more someone tries to persuade you that what they are saying is true the more inclined you will be to disbelieve them. You know from experience that too much talk often masks too little in the way of substance.

♍ Virgo Aug. 24- Sept. 22 Deliver on what you promised, even if you have to go out of your way and incur extra costs to do so. Your reputation is of the utmost importance and you should be investing in it.

♎ Libra Sept. 23-Oct. 23 Why can no one give you a straight answer? Why does everyone beat about the bush instead of being honest about the current situation? Maybe it's because they believe you don't want to hear the truth.

♏ Scorpio Oct. 24-Nov. 22 Stick to the facts and insist that everyone else does the same. If you suspect that friends or relatives are exaggerating in any way you must call their bluff.

♐ Sagittarius Nov. 23-Dec. 21 Changes on the work front have no doubt been unsettling but if you are honest you will also admit that they have opened your eyes to new possibilities. What are you going to do with them?

♑ Capricorn Dec. 22-Jan. 20 You will meet someone today whose values are not your values, and the chances of conflict are high. Defend your position robustly but don't let them drag you into a feud that neither side can win.

♒ Aquarius Jan. 21-Feb. 18 As one of the zodiac's fixed signs you can at times be a bit of an immovable object, but if you are smart you will give some ground today.

♓ Pisces Feb. 19-March 20 Neptune, your ruler, is energized by Mars today, so you will be in one of those moods where you try to pack into an hour as much as you usually pack into a day or a week. SALLY BROMPTON

Caption contest

MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS



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Atlantic HYUNDAI Dealers

GRADUATE REBATE PROGRAM

™The Hyundai names, logos, product names, feature names, images and slogans are trade marks owned by Hyundai Auto Canada Corp. ◊Finance offers available O.A.C. from Hyundai Financial Services based on new 2010 Santa Fe GL 2.4L 6-speed with an annual finance rate of 0% for 60 months. †Finance offers available O.A.C. from Hyundai Financial Services based on new 2010 Accent GL 3 Dr 5-speed/2010 Accent GL 4 Dr 5-speed/2010 Elantra L 5-speed with an annual finance rate of 0%/0%/0% for 84/84/84 months. Monthly payments are $170/$179/$179. No down payment is required. Dealer participation of $350/$500 for 2010 Accent GL 4Dr 5-speed/2010 Elantra L 5-speed is included. Finance offers include Delivery and Destination of $1,495/$1,495/$1,495. Registration, insurance, PPSA and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2010 Santa Fe GL 2.4L 6-speed for $25,759 at 0% per annum equals $429.32 per month for 60 months for a total obligation of $25,759. Cash price is $25,759. Example price includes Delivery and Destination of $1,760. Registration, insurance, PPSA, license fees and all applicable taxes are excluded. ΩPurchase or lease any 2010 Santa Fe model equipped with all wheel drive and receive a price adjustment of $2,000. Certain conditions apply. ◊†ΩOffers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ∞Based on the July 2010 AIAMC report. ΔSee your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.